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SINGALONG-SAN ANDRES

WOMEN'S CLUB

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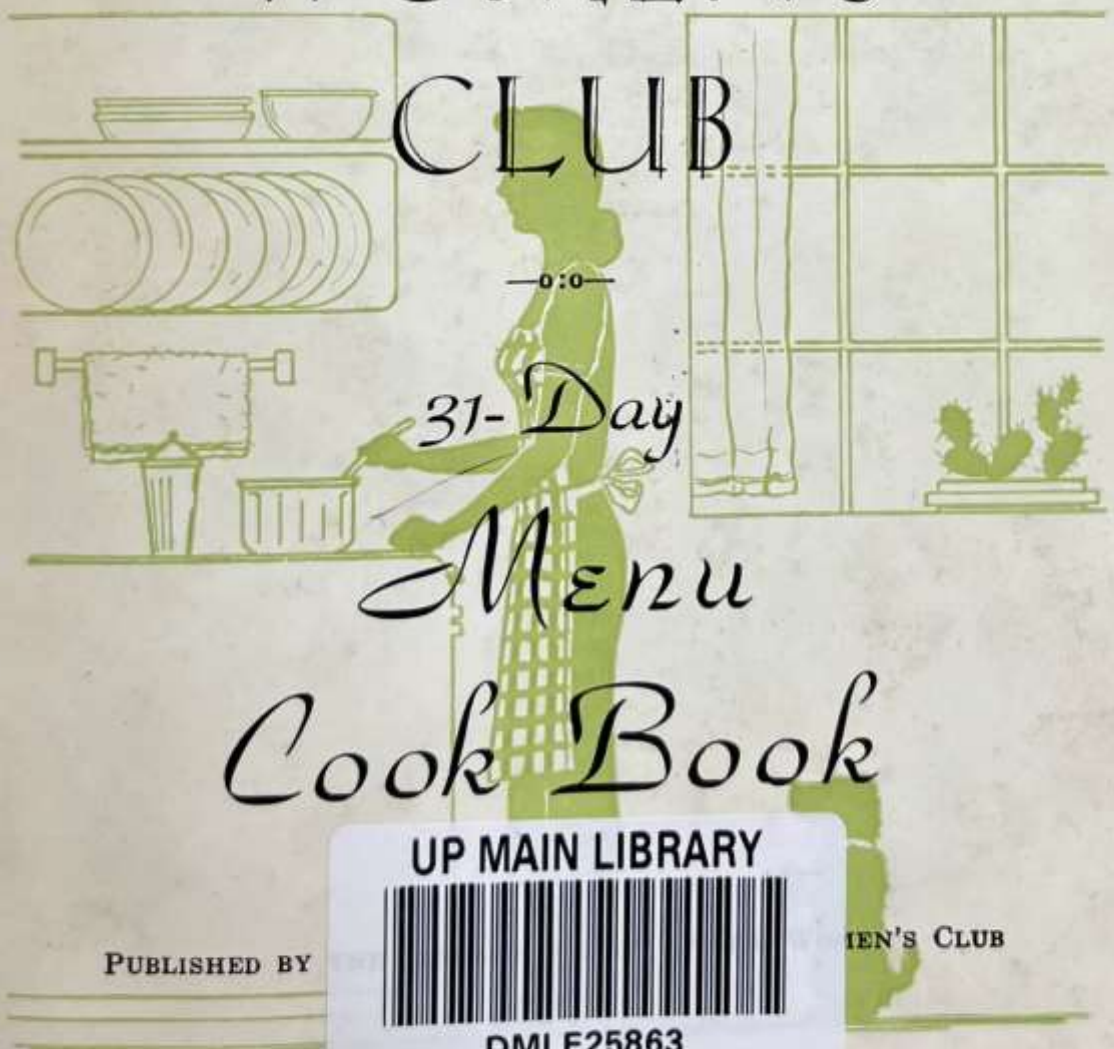
31-Day Menu Cook Book



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By MARIQUITA V. ADRIANO

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1948

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1949

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Foreword

One day in June, 1948, Mrs. Adriano stood up in our meeting and suggested the idea which became the basis of this modest collection of recipes. The members of our club agreed with her that if we, here in the Philippines, enjoy cooking and tasting the recipes of other lands, there must also be other housewives who will enjoy cooking and tasting our native Filipino foods.

The recipes in this booklet have been prepared and tested by the members of the Singalong-San Andres Women's Club. They undertook their preparations with great enthusiasm. Like all women, they got a big thrill from the thought of sharing a culinary secret with another. Most of the recipes they prepared were their own favorite dishes or dishes for which they had achieved a reputation in the community. Hence, I feel very safe in recommending them to other cooks and housewives, especially because I know they have been prepared in private kitchens under conditions similar to those that any other housewife will work.

Cooking is a universal art. It binds all of us women together. We all want to see that gleam of delight in the eyes of our families when they see hot delicious food at the moment they want to have it. That is why our club undertook this project because we know it will answer a need among other women. Those who love native cooking but do not know where to learn it, since their grandmothers or mothers are not at hand to teach them, will find in our little booklet an answer to their desire.

We hope to work further on this project, should we find it well received by our friends. Needless to say, all credit for our endeavor goes to our members, who each worked to perfect and standardize her particular recipe.

(Sgd.) ROSARIO KALAW ROXAS
President, Singalong-San Andres
Women's Club

Manila, January 15, 1949.

Purpose of this Book

The object of this Cook-Book is to make available to the Filipino housewives, a practical guide in the preparation of nutritious and well balanced daily meals. Housewives are daily confronted with the usual problem of, "What shall I cook for lunch today" or "How long ago since have I served that adobo?" As an attempt to help them solve this problem, especially those who perform their own cooking at home, a consolidated list of menus prepared by the individual members was prepared which resulted in the publication of this so called "31-Day Menu Cook-Book."

In addition to the above-mentioned lists of menus intended for the average-income families, we have included a supplementary list of special recipes contributed by prominent ladies of the city of Manila.

The book also provides for the convenience of the housewives, a shopping list to guide daily marketing.

We wish to acknowledge with gratitude our appreciation to all those members and others who have made possible the publication of this cook-book.

MARIQUITA V. ADRIANO
Treasurer

Origin of These Recipes

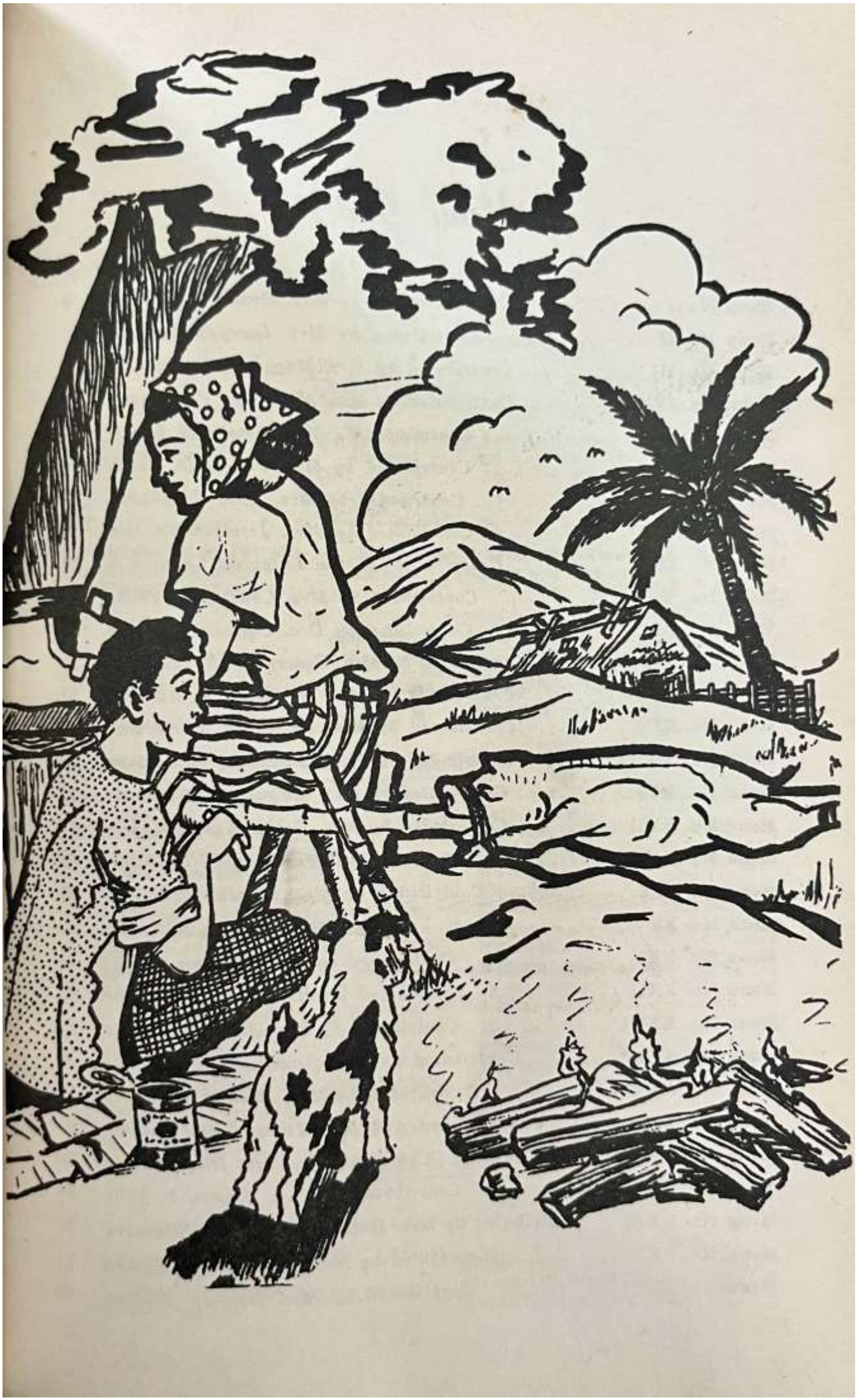
Just after several discussions concerning the preparation of food, the club has decided to collect recipes from each member to be formed into a pamphlet. Mrs. Mariquita V. Adriano was appointed by the President (Mrs. Rosario K. Roxas) to supervise and to take charge of the whole matter.

This pamphlet has been prepared and designed to present local recipes which are simple, practical and economical. Simple, because they do not require complex preparations with too many of "these and that ingredients" yet they may appear delicious and wholesome when they are properly prepared. Practical and economical, because they may be obtained from the local markets at low rates. They are easy to prepare and easy for the pocket.

We hope that our recipes will find a hearty welcome not only in the homes of our own Filipino housewives, but also from the homes of American and Hawaiian friends, in as much as they have requested for our "native recipes."

Try our recipes for they may prove more economical and appetizing than your "chop suey" or "cocido español". Returns from the sale of these pamphlets will be utilized for some charitable purposes by the club. Hoping that our recipes may prove a helpful guide to many housewives.

(Sgd.) MARGARITA GUIDO AMANTE
Secretary



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MENU No. I

BREAKFAST

Fruit Juice
Torta de Sevollas
Puto or Pan de Sal
Coffee or Chocolate

LUNCHEON

Curried Vegetables
Carne Mechada
Radishes and Tomato Salad
Dessert — Fried Camote with Syrup

DINNER

Escabeche de Pescado
Menudo de Rabo
Tokua Con Toyo
Green Pepper Salad (2 recipes)
Dessert — Banana and Cream

Submitted by:

Mrs. ROSARIO K. Roxas
President, Singalong-San Andres Women's Club

MARKET ORDER

Calamansi
Onions
2 green papaya
4 small sayotes
5 slices squash
1 coconut
Curry powder
Garlic
Lard
2 carrots
1 cup garbansos
1 can tomato
Sweet pepper
10 pieces tokua
2 bunches kinchay
Tomatoes
Toyo sauce
Bay leaf
12 radishes
Olive Oil
Vinegar
Sugar
Ginger
Potatoes
1 bunch green onion
½ kilo shrimp
2 kilos pork
½ kilo beef
3 fishes any kind
1 cow's tail (small size)
Choriso de Bilbao

LUNCHEON

Curried Vegetables

2 small green papaya (cut into cubes)
4 small sayotes
¼ kilo pork (cut into pieces)
½ cup thick coconut milk

(cut into cubes)
5 slices squash (yellow) — cut into cubes
¼ kilo shrimps (cut into pieces)
1 tbsp. curry powder
1 whole onion
2 pieces garlic
2 tbsp. lard
salt to taste

Saute the garlic and onion, then put the shrimps, meat, and soften pork cut into pieces. Then add the juice of the pounded shrimp's head, about one fourth cup.

Then add the papaya and cook for a while. Add the sayote and squash, and the coconut milk and cover. Stir occasionally. When the coconut milk begins to be oily, add the curry powder and cook for a few minutes and serve.

Carne Mechada

½ kilo pork
½ kilo beef all lean
2 onions
½ cup toyo
5 tomatoes regular size
juice of 10 calamansi
1 laurel leaf
1 cup water
1 biscocho

Cut the meat into big pieces. Cut the tomatoes and onions into halves only. Put the meat into the sauce pan or caldero with a good cover. Add the toyo, calamansi juice, tomatoes, and onions, and the laurel, and the water. Cover the pan well and cook in slow fire till the meat is soft. Before serving, add one biscocho to thicken the sauce.

Radishes and Tomato Salad

12 native radishes
3 big tomatoes
1 onion
2 tbsp. olive oil
½ cup vinegar
1 tsp. sugar
salt and pepper to taste

Pare the radishes and cut fine or scrape on a papaya scraper. Soak in salted water for a few minutes. Scald the tomatoes and take off the peeling. Cut fine. Scrape the whole onion in the same place where the radishes were scraped. Mix the radishes, tomatoes and onions together, then pour the mixture of oil, vinegar and sugar. Salt and pepper to taste.

DINNER

Escabeche de Pescado

3 regular size of any kind of fried fish
about an inch of ginger
5 pieces of garlic
1 onion
½ cup vinegar
1 tsp. sugar
1 tbsp. lard
1 cup water
salt and pepper to taste

Cut fine the onion, the garlic, lengthwise. Saute the garlic, add onion and ginger. Add vinegar and sugar in the water, and add to the onion and garlic mixture. When water boils, drop the fish and boil for two minutes.

Menudo de Rabo

1 small size cow's tail boiled soft
¼ kilo potatoes
2 pieces carrots
1 cup garbansos
1 choriso de Bilbao
1 small can tomatoes
1 onion
2 pieces sweet pepper
3 tablespoon lard
1 tablespoon toyo
3 cups of broth on which the tail had been boiled.

Cut into squares the boiled cow's tail without the bones. Cut in the same way the potatoes and boiled carrots.

Saute the onion, add the tomatoes, then the cow's tail and the potatoes. Cover well and cook until it is a little dry. Then add the choriso, garbansos, and toyo and cover again for a few minutes. Then add the broth and the green pepper. Boil for a few minutes or until the potatoes are soft.

Tokua con Toyo

10 pieces tokua
¼ kilo shrimps
2 bunches kinchay
1 bunch green onion
1 piece onion
2 tbsp. lard
2 tbsp. toyo
¼ water from where the head of shrimps has been soaked and pounded

Cut the tokua lengthwise about 1/4 inch thin. Peel the shrimps and cut lengthwise. Cut the kinchay about one inch long and the onion leaves.

Put the lard on the pan, fry the tokua half cooked. Remove from the fire. Then put the onion and add the shrimps, then add again the fried tokua; cover for a while. Then add the toyo, and water where the head and skin of the shrimps had been pounded. Add the kinchay and onion leaves. Cook for a few minutes, taking care not to over cook it.

Green Pepper Salad (1st recipe)

12 good size green pepper
2 whole onions
½ c. Ocedar Vinegar or first class native vinegar
1 tsp. sugar
salt and pepper to taste

Wash well the pepper. Take all the seeds, and cut very very fine. Soak in cold water for five minutes. Cut the onions just as fine as the pepper. Mix together and add vinegar and sugar. Salt and pepper to taste.

Green Pepper Salad (2nd recipe)

12 green big pepper (the sweet kind)
1 onion
¼ cup vinegar
¼ cup olive oil
salt and pepper to taste
¼ tsp. sugar

Wash the pepper. Remove seeds. Cut into very thin slices crosswise. Drop into cold water after cutting to preserve the crispness. Slice the onions thinly crosswise. Remove the pepper from the water and drain well. Mix them with the onions and add the french dressing made out of oil and vinegar. Add the sugar, salt and pepper.

MENU No. II

BREAKFAST

Fruit — chico
Egg revuelto with tomato and onions
Fried sliced spam
Chocolate

LUNCHEON

Fish ball soup
Chicken Ala Jardinera
Salad — Sweet pickles
Dessert — Calabasa jam

DINNER

Vegetable soup
Chicken croquette
Fish Salad
Dessert — Raisin turnover

Submitted by:

MRS. LORENZA DALUPAN
Vice-President

MARKET ORDER

Chicos
Eggs
1 can spam
½ ripe calabasa
1 coconut
Green onions
Baguio beans
6 carrots
2 radishes
potatoes
cabbage
mushrooms
ham
1 can red salmon
raisins
1 big fish (bidbid)
1 chicken
¼ kilo pork

LUNCHEON

Fish Balls Soup

1 good sized bidbid
or any white fish
1 onion, chopped
Green onions
1 egg, beaten
⅛ teaspoon pepper
1 teaspoon salt
2 tbsp. patis

Remove the scales and all internal organs of the fish. Beat it lightly with the blade of the bolo to loosen the bones. Cut it open from the back and wash well. Then scrape the flesh, being careful not to include the small bones. Put the flesh in a bowl.

Put the head, the big bone, and the skin in a sauce-pan. Cover with 3 cups of water and boil for 5 minutes. Strain them, put back in fire and boil again. While boiling the fish stock, prepare the balls. Add the chopped onion to flesh in the bowl. To this mixture, add the salt and pepper. Mix. Then add the beaten egg and form into balls. Drop one by one to the boiling fish stock. When done, add the green onions, cut into small rings. Season to taste with patis. Serve hot.

Chicken Ala Jardinera

1 chicken cut in pieces
1 diced potato
2 diced radishes
2 diced carrots
1 cup sliced Baguio beans
1 sliced oinon
½ cup white wine
1 clove chopped garlic
½ laurel leaf
1 cup boiling water
salt and pepper to taste

Season chicken with salt and pepper, fry until brown. Add the vegetables, when half done, add boiling water and wine. When everything is tender add flour to thicken sauce.

Calabasa Jam

2 cups ripe calabasa (boiled and strained)
1 cup brown sugar
½ tsp. salt
1½ cups coconut milk
¼ tsp. nutmeg
Mix all together and cook until thick.

DINNER

Vegetable Soup

½ cup chopped onions
2 tbsp. lard
1 cup diced carrots
1 cup diced white upo
1 cup green beans cut into pieces
1 cup shredded cabbage
1 cup diced potato
1 cup tomatoes (canned)
4 cups pork stuff
2 tbsp. chopped parsley
salt and pepper to taste

Brown onion in fat, combine all vegetable. Add pork stuff. Simmer until all vegetables are soft.

Chicken Croquette

1 tbsp. chopped onions
¼ cup flour
1 cup chicken stock
1 cup chopped chicken meat
½ cup chopped cook ham
½ cup cooked mushrooms chopped
salt and pepper to taste

Saute onions and chicken and ham. Add mushrooms and flour. Pour chicken stock gradually stirring constantly. Let the mixture cool. Shape, roll in flour eggs and crumbs. Fry on all sides until brown. Garnish with peas and carrot cubes and parsley.

Fish Salad

2 cups flaked salmon (in can)
1 cup chopped celery stalks
8 crisp white lettuce leaves

Arrange lettuce on a platter and lay several spoonful of the mixture on each lettuce leaf. Pour over one spoonful of any prepared mayonnaise.

Dessert: Raisin Turnover

Filling —

½ cup chopped walnut
½ cup chopped raisins
1 cup sugar
1 egg slightly beaten
2 tablespoon bread crumbs
2 tablespoon lemon juice
1 teaspoon grated lemon rind

Combine all ingredients.

Roll flaky pastry three inches square. Put one tablespoon of raisin mixture on each square. Moisten the edges of the square with water, fold over from corner to corner to form a triangle, and crimp the edges together with a floured fork. Prick top of each TURNOVER in several places to let steam escape. Bake in hot oven.

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MENU No. III

BREAKFAST

Bread & butter
Coffee or Chocolate

Cheese or ham
Papayas or bananas

LUNCHEON

Kari-Karing Pata
Bagoong with Pork
Cucumber Salad

Dessert — Fried Saging
Saba with Syrup

DINNER

Lechong Bañgus
Carne a la Milanesa
Eggplant Salad

Dessert — Cooked garbansos
with Syrup

Submitted by:

Mrs. MARGARITA GUIDO AMANTE
Secretary

MARKET ORDER

Chocolate
Butter
Ham
Cheese
Papaya or bananas
Bagoong
Sitao
Banana heart
Onion
Garlic

Achuete seeds
Eggplants
Toasted peanuts
Lard
3 bañgus
Cucumber
Calamansi
Tomatoes
Eggs
Biscocho

Lettuce leaves
5 eggplants
Bananas (Saba)
Garbansos
1 cow's leg (pata)
½ kilo intestines (cow's)
½ kilo goto (cow's)
½ kilo pork
¼ kilo beef

LUNCHEON

Kari-Karing Pata

1 cow's leg (pata)
½ kilo intestines (cow's)
½ kilo goto (cow's)
3 bundles of sitao (at 10 strings each bundle) — cut into 2 inches long
1 banana heart (puso ñg saguing) — sliced finely crosswise
1 big onion sliced
3 ears of garlic crushed
2 tablespoons seeds of achuete soaked in ½ cup of water
5 regular sized eggplants cut into 1 inch square
1/3 cup toasted rice then powdered
1/3 cup toasted peanuts crushed fine
3 tbsp. lard

Boil enough water to clean the cow's leg, intestines and goto. Cut the cow's leg into desired size, the intestines cut into 3 inches long and the goto into 3 inches square. Wash thoroughly then put in a casserole, cover with water, then boil until tender. Put the frying pan on the stove, put the lard:

when heated put the garlic and when this is brown, add the onions. Get 2 to 3 pieces of the goto or the intestines and place them with the onion and garlic. Then pour the whole thing back in the casserole adding a pinch of salt to taste. Let this boil, adding the sliced banana heart. When the banana heart is a little bit tender, add the sitao then the eggplants. Mashed the seeds of achuete in the cup of water making enough coloring. Add this colored water to the casserole. When all is done, add the powdered rice and peanut stirring thoroughly so that it will not stick on the bottom until cooked.

Usually this is eaten with bagoong cooked with pork.

Bagoong with Pork

½ kilo pork
1 cup bagoong alamang
3 ears of garlic crushed
1 sliced onion

Cut the pork into small slices then fry. Remove from pan leaving the lard. Add the garlic, and when brown add the onion and the fried pork. Then add the bagoong stirring frequently to avoid sticking. Remove from fire after boiling.

Cucumber Salad

Slice thin a regular size cucumber, then add vinegar, sugar, salt and a little pepper to taste.

DINNER

Lechong Bañgus

3 regular sized bañgus (milk fish)
3 regular sized tomatoes cut into fine slices
½ onion sliced finely and small
salt to taste
calamansi

Do not remove the scales of the bañgus. Cut the bañgus from head to tail along the dorsal side. Remove the intestines and clean thoroughly. Sprinkle salt inside the bañgus. Mix the sliced tomatoes and onions adding enough salt. Then put this mixture inside the bañgus. Tie the bañgus around with string or thread. Then prepare the frying pan with enough lard. Fry the bañgus. Get the calamansi juice, add a little water and salt. This serves as the sauce to give the proper taste.

Carne Milanesa

¼ kilo beef
1 chicken egg, whipped
2 tomatoes
powdered biscocho or biscuit
pepper & salt to taste
few lettuce leaves

Take away the ligaments from the meat and season with salt and pepper. Soak in whipped egg and roll on powdered bread. Fry. When serving, garnish with lettuce leaves around. Put tomatoes sliced very thin on top. Season with mustard if desired.

Eggplant Salad

2 or 3 ears of garlic
4 or 5 regular sized eggplants
vinegar and salt to taste

Boil four or five regular sized eggplants. When tender, peel. Mash with a fork. Crush 2 or 3 ears of garlic then add to the mashed eggplants. Add vinegar and salt to taste.

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MENU No. IV

BREAKFAST

Fruits
Palitao
Cheese
Chocolate or Coffee

LUNCHEON

Pesa Dalag and Tomato Sauce
Humba
Boiled Kangkong with Tomatoes and Onions
French Dressing
Dessert — Santol Preserves

DINNER

Shrimp Suam
Lumpia Frito
Choletas de Dalag
Dessert — Coconut Masapan

Submitted by:

Mrs. MARIQUITA V. ADRIANO
Treasurer

MARKET ORDER

Malagkit Rice
Toasted Liñga
Brown Sugar
1 Mud Fish
5 Pechay Leaves
1 Pig's Pata
½ kilo pork (custilla)
1½ kilo pork (lean meat)
1 square tahure
Garlic
Kangkong leaves
Santol
Shrimp
Lumpia wrappers
1 can spam or ham
Eggs
Calamansi
Coconuts
Milk
Cheese
Coffee
Chocolate

BREAKFAST

Palitao

1½ cup malagkit rice
½ cup ordinary rice
1 cup toasted and ground "liñga"
½ cup brown sugar

Soak malagkit and ordinary rice overnight. Grind with the least amount of water. Put on cheese cloth and subject to pressure so as to remove extra water. Then form into thin oval-shape and drop into boiling water. When it floats transfer them into a basin of cold water to avoid their sticking together. Drain and with a spoon flatten one by one with fresh grated coconut on top forming them into tongue-shaped form. Sprinkle with sugar and toasted liñga before serving.

LUNCHEON

Pesang Dalag

1 dalag (mudfish)
1 onion cut in round slices
7 grains pepper corns
5 leaves pechay
2 cups rice water

Boil rice water with onions, pepper corns and pechay. When pechay is soft, add head and tail of fish. Save middle part for choletas de dalag for dinner.

Serve with tomato sauce.

Tomato Sauce

3 tomatoes (cut fine)
1 onion chopped fine
salt and pepper to taste
2 cloves garlic (pounded)
3 tbsp. stock of fish

Saute garlic and onions. Add tomatoes and fish stock. Cook until it forms into sauce.

Humba

1 pig's leg (pata)
½ kilo pork (rib chop)
tajure (1 square)
8 cloves garlic
½ tsp. pepper corns
oregano
1 bay leaf
½ cup vinegar (white)
½ cup brown sugar
6 tbsp. soy sauce

After the pata has been cleaned and cut into pieces, soak in the above ingredients for 3 hours. Cook in pressure cooker for 15 minutes or in a big jar with wide mouth. Cover top with banana leaves tied tightly. Put jar in a pan of water well covered and steam until pata is soft.

Salad

Serve with boiled kangkong, tomatoes, onions and French dressing.

French Dressing

4 tbsp. salad oil
2 tbsp. vinegar
½ tsp. salt
¼ tsp. pepper

Cover and shake vigorously just before serving.

Santol Preserve

15 pieces santol
Syrup — 1 part water & 2 parts sugar

Blanch the santol. Pare and carve as desired and soak in rice water overnight. Rinse well, and blanch again for 4 minutes. Make a thick syrup 2 parts sugar and 1 part water (and strain when boiling or until clear.) Cook the santol in the syrup for 10 minutes. Leave it in the syrup for 1 day. Boil again until syrup is thick.

DINNER

Shrimp Suam

1 cup fresh shrimp (small size)
1 tsp. ginger (cut into strips)
3 cloves garlic (pounded)
½ onion (sliced)
5 pepper corns
2 tbsp. rice (uncooked)
Handful of tender sili leaves
2 tbsp. patis
4 cups water
salt to taste

Saute garlic, onions and ginger. When light brown, add rice and patis. Let it cook for a while, add rice water and simmer. When rice is nearly cooked, add shrimp (which has been trimmed) and add sili leaves last. Serve at once.

Lumpia Frito Carne

1½ cup chopped pork meat
1 cup chopped beef meat
½ cup chopped ham or spam
½ cup boiled garbansos or potatoes in cubes
2 tomatoes (cut into pieces)
1 onion (minced)
1 laurel leaf
3 cloves garlic (pounded)
2 eggs (hard boiled and cut into pieces)
½ cup water
1 tsp. paminton
1 box raisins (small size)

Saute garlic, onions, tomatoes. When light brown, add meat, bay leaf, paminton and water. Cover and simmer until meat is tender. When nearly cooked, add garbansos and raisins.

Before wrapping let it cool. Add hard boiled eggs and wrap in lumpia wrapper. Fold two ends well. Fry until golden brown.

This can be made into empanada using empanada pastry.

Empanada Pastry

2 egg yolks
¼ cup water
1 teaspoon salt
1/3 cup sugar (white)
4 cups flour

Sift all dry ingredients. Add water, stir until it forms a stiff dough. Knead on breadboard. Flour the board with cornstarch to prevent dough sticking on board. Roll the dough as thin as possible. Prepare a long bamboo stick. Roll dough with the stick as tight as possible. Remove stick and cut dough crosswise about 1 cm. thick. Flatten each piece and roll it thin. Place meat filling and fold on one side. Press edges well, trim it and form into empanada. Fry in deep hot fat until golden brown.

Choletas de Dalag

1 dalag (mud fish)
3 calamansi
2 eggs
salt and pepper

Remove skin and make six individual fillets free from bones. Marinate in calamansi juice, salt and pepper. Before frying dry well and roll in flour before deeping in beaten eggs. Fry over slow fire well covered. Be sure fish is well cooked before serving.

Coconut Masapan

2 regular size coconut
6 egg yolks
1 big can evaporated milk
1 tbsp. lemon rind (chopped)

For every cup of coconut, add ¾ cup sugar and 2 tbsp. flour. Mix coconut, sugar and milk together. Cook in a tacho and stir constantly. When half done, remove from fire to cool a little.

Add the beaten egg yolk, lemon rind and flour. Mix well and continue cooking until the consistency is such that it does not stick to the finger. Remove from fire and drop into paper cups or cookie sheets. Bake until light brown.

———o:o———

MENU No. V

BREAKFAST

Waffles
Syrup
Bananas
Butter
Coffee or chocolate

LUNCHEON

Chicken with young corn
Babsto
Quilawin
Dessert — Yernas

DINNER

Parus soup
Arada de carajay
Potato croquettés
Eggplant with eggs
Dessert — Coconut cookies

Submitted by:

Mrs. AMALIA S. UMALI
Assistant Treasurer

MARKET ORDER

Cheese
Milk
Eggs
Butter
Baking powder
Flour
10 young corn
Tomatoes
Garlic
Ginger
Onion
Lard
Salt
Vinegar
Misua
Bay leaf
Pimienton
Potatoes
1 medium sized chicken
2 dalag (small size)
1 coconut
½ kilo pork liver
¼ kilo lean meat (pork)
4 cups parus
Pepper

LUNCHEON

Chicken With Young Corn

1 medium sized chicken
2 cups young corn
6 cups water
3 medium sized tomatoes
2 sections garlic
1 small piece of ginger
1 small sized onion
2 tbsp. lard
salt and pepper

Dress the chicken and cut it into serving pieces. Slice the onions and tomatoes. Saute the garlic, onions, ginger and tomatoes. Add the chicken and sear it until light brown. Then add the 6 cups of cold water. Boil these about 30 minutes. Add the 2 cups of young corn which has been cut from the cob. Continue the boiling until both the chicken and corn are tender. When cooked, season with salt and pepper. Serve hot.

Babato

1 small sized dalag
1 tsp. salt
½ tsp. sugar
2 cups coconut milk
¼ cup vinegar
small piece of ginger
½ cup ground rice
2 segments garlic

Cut the fish into serving sizes. Add vinegar, salt and ginger. Cook the fish in this mixture. Roast rice and grind it. Add the ground rice and coconut milk. Saute the garlic and add the first mixture to it and then the cooked fish. Add sugar to taste. Serve hot.

Quilawin

½ kilo liver (pork)
1 onion
½ tsp. pepper
3 medium-sized tomatoes
½ cup vinegar (native)
¼ kilo lean meat (pork)
5 tbsp. lard
2 tsp. salt
5 cloves garlic
½ cup water

Cut the meat and the liver into small pieces. Saute the pounded garlic until brown, then add the onions and tomatoes. Cook until the onions are clear; add the lean meat and season with salt and pepper. Then add the vinegar and water. When the lean meat is cooked, add the liver. Cook for a few minutes. Serve hot. Sliced radishes and green pepper cut lengthwise may be added if desired.

Yernas

4 eggs (yolks)
½ cup milk (evaporated)
½ cup sugar
5 tbsp. grated cheese

Beat the eggs slightly and add the milk and sugar. Cook in a double boiler. When it begins to thicken, add the cheese. When done, form into balls and roll in sugar.

DINNER

Parus Soup

½ cup shelled parus (shellfish)
2 cups water
½ cup misua
1 tbsp. lard

Saute the garlic and onions until brown. Add the parus. After 2 minutes, add the water. Boil for 5 minutes. Sprinkle the cut misua and add salt to taste. Serve while it is hot.

Azada de Carajay

½ lb. pork (cut)
¼ cup tomatoes (sliced)
1 cup water
12 grains black pepper
½ bay leaf
6 cloves garlic
¼ cup vinegar
1 tbsp. pimenton

Cook the meat together with the pepper, salt, garlic, bay leaf and vinegar When the mixture is dry, add pimenton and brown. Pour in the water and cook meat until tender. Add tomatoes and onions. Remove when done.

Potato Croquettes

2¼ cups riced potatoes
1 cup flaked fish
¼ cup chopped raisins
¼ cup chopped onions
2 egg yolks
¼ cup bread crumbs
Salt to taste
Lard

Boil the potatoes. Pare and wash. Add ½ tsp. salt 2 tbsp. butter, 2 egg yolks, and milk if desired. Clean the fish, boil with salt. Flake it and saute in lard, onion and tomatoes. Add chopped raisins. Season with salt. Flat ten one tbsp. of mashed potatoes on greased palm and stuff it with flaked fish mixture. Form into balls and roll in bread crumbs. Dip in beaten eggs, then in bread crumbs and fry in deep hot fat.

Eggplant With Eggs

1 big eggplant
2 eggs
2 tbsp. lard
1 tsp. salt

Roast the eggplant. Place it immediately into a bowl of cold water and peel. Quarter it. Beat the eggs until creamy. Add salt. Dip the eggplant into well beaten eggs and fry. Serve hot.

Coconut Cookies

1 cup grated coconut
½ cup butter
½ cup sugar
1 egg slightly beaten
1 cup flour
½ tablespoon baking powder

Cream the butter and sugar. Add the egg, coconut and mix well. Drop by spoonfuls in a greased pan and cook until both sides are brown. Serve with coco honey.

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MENU No. VI

BREAKFAST

Fried Rice
Tinapa
Salted Eggs
Tomatoes
Chocolate or Coffee
Papaya or Bananas

LUNCHEON

Sinilihan
Tag Hilao
Pepitoria
Cole Slaw Salad
Dessert — Custard Pudding

DINNER

Bola Bolang Bañgus
Relleno Suelto
Salted Eggs with Tomato Salad
Dessert — Fried Saba with Syrup

Submitted by:

MRS. FELICIA ROXAS TANCO
Social Secretary

MARKET ORDER

Tinapa
Salted eggs
Tomatoes
Papaya or bananas
Onion
Vinegar
5 radishes
1 coconut
Cabbage
Olive Oil
Eggs
Milk
Cornstarch
Vanilla
2 packages seedless raisins
½ cup garbansos (cooked)
Potatoes
1 can potted meat
Toyo Sauce
1 Red pepper
1 can tomatoes (small)
Bunch lettuce
½ kilo ground beef
½ kilo ground pork
½ kilo lung of pork
2 ears of pork
1 piece meat from head
1 chicken (big size)
12 ladyfingers
Fish — 1 regular size bañgus

LUNCHEON

Sinilihan

½ kilo lung of pork
1 onion
½ cup vinegar
pepper to taste
salt and garlic about 3 pieces
2 tbsp. lard

Boil the lung. Then chop fine. Put lard in a pan, add garlic and cook until brown. Add the onion, then the chopped lung, the vinegar, salt and pepper and boil for a few minutes until dry.

Tag-Hilao

2 ears of pork
a piece of meat from head
2 big size onions
1 head garlic
1 cup vinegar
salt and pepper
5 pieces of radishes
a little sugar

Boil the ears and meat from head until very soft. Remove from bones and cut into thin slices. Cut the onions into big pieces. Cut the garlic into thin pieces. Add those to the slice meat, add salt and pepper and a little sugar.

Mix all together and add the vinegar which had been boiled. Then add the slices of radishes and serve.

Pepitoria

1 chicken big size
1 onion
2 pieces of garlic
1 coconut
½ cup vinegar
Blood of the chicken
2 tbsp. lard

Clean the chicken, and save the blood. Separate all the meat from the bones. Chop them well. Put the lard on the pan. Add garlic and cook till brown, then add the onions, add the chopped chicken meat. Cook for a few minutes. When chicken is cooked, add the blood which has been mixed with vinegar. Stir constantly the blood from curdling. When the blood is cooked add the milk of the coconut. The milk should be very thick. Stir well and boil for a few seconds. Salt to taste. Serve.

Cole Slaw Salad

1 small head of hard cabbage
½ cup olive oil
¼ cup vinegar
1 tsp. sugar
salt & pepper to taste

Cut the cabbage very very fine. Drop into boiling water and let stay for a minute. Remove and put on a collander to drain.

Mix the vinegar and oil, sugar, salt and pepper and pour on the cabbage. Chill before serving.

Custard Pudding

½ cup corn starch
½ cup sugar (white)
2 cups milk
12 lady fingers
2 eggs
vanilla

Mix thoroughly the corn starch and part of the milk till it is in a fine consistency. Add the rest of the milk and the sugar. Put on a double boiler until it thickens. Then take out from the fire and add the egg yolks. Pour on the lady fingers which is arranged on a platter and pour the custard. The white of the eggs can be used for decoration on top, by beating the whites of the eggs hard and add two tablespoon of white sugar. Then pour on top of the pudding.

DINNER

Bola Bolang Bañgus

1 regular size bañgus
1 bunch of kinchay and green pepper
1 small onion
2 tbsp. lard
a little flour
water about 2 cups

Bone the bañgus, add little flour and make into small balls. Put the lard in the pan, add onions and water. When the water boils, drop the balls and boil for a few minutes. Then add the chopped kinchay and salt to taste.

Relleno Suelto

½ kilo ground pork
½ kilo ground beef
2 pkgs. seedless raisins
½ cup garbansos (cooked)
2 medium size potatoes
1 can tomatoes (small size)
1 small can potted meat
1 small size onion
2 tbsp. lard
2 tbsp. toyo
1 red pepper

Cut the potatoes into small squares. Then fry it in the pan until half brown. Remove the potatoes and put the onions; cook until brown. Add the can of tomatoes, then the ground meat, raisins, garbansos and the potted meat. Stir well and cook for a few minutes. Add the toyo and the chopped red pepper, and cook till the meat is ready.

Salted Eggs with Tomato Salad

3 salted eggs
1 bunch of lettuce: head of lettuce or ordinary
1 onion
3 big tomatoes
1 tbsp. vinegar
1 tbsp. olive oil
1 tsp. sugar
salt and pepper to taste

Shell the eggs and chop fine. Wash the lettuce and tomatoes and cut fine. Mix all together with the chopped onion. Mix the sugar, vinegar, salt and oil and pour over the eggs' mixture. Serve.

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MENU No. VII

BREAKFAST

Corn Flakes with banana & cream
Bacon and onion omelet
Pan de sal
Coffee or Chocolate

LUNCHEON

Sinigang carne
Inalamañgan with santol
Dalag (adobo)
Vegetable salad
Dessert — Broas on custard

DINNER

Tinola de bañgus
Sarsiado de huevos
Fern or paco salad
Dessert — Royal gelatin

Submitted by:

Mrs. IRENE VILLANUEVA
Press Relations Officer

MARKET ORDER

Corn flakes
Bananas
Bacon
Eggs
Coffee
Chocolate
Onions
5 pieces green tamarind
Tomatoes
6 radishes
Ham
Alamang bagoong
Mayonnaise
1 kilo punta y pecho
1 big dalag
Santol
Kasubha
Coconut
Potatoes
1 bunch celery
Celery salt
Vinegar
Upo
6 duck's eggs
1 canned tomatoes
Curry powder
Fern for salad or paco
¼ kilo pork
1 bañgus (regular size)
½ kilo pork liampu

LUNCHEON

Sinigang na Carne

1 kilo punta y pecho
¼ kilo pork
1 onion
5 pieces green tamarind
3 pieces of tomatoes
6 pieces of radishes
Ham buts if desired
Enough water to cover

Put water in a caldero or dip pan. Put tomatoes and the tamarind. When the tamarind is soft, press and remove peelings and seeds. Then add the meat and cook till tender. Add the radishes and cook till it is soft. Serve.

Inalamañgan with santol

½ kilo of liampu
½ cup of good alamang (preferably Parañaque)
5 regular size fresh tomatoes
1 onion
¼ cup vinegar
2 tbsp. lard
2 pieces garlic
2 pieces santol

Boil the pork with the vinegar until tender. Then cut into small pieces. Saute the garlic, add onion, then the tomatoes finely cut. Cook for a few minutes. Then add the pork and cover. When it is brown, add the finely cut santol (without the peeling), then the alamang and little water where the meat has been boiled. The taste of the alamang is enough to salt the dish.

Adobong Dalag or Hito

1 big dalag
1 head garlic
½ cup vinegar
1 piece of dilao (or kasubha)
½ cup coconut milk thick
2 tbsp. lard
½ cup water
corn pepper

Clean the dalag well. Slice as for frying. Put it in a pan, and add the chopped garlic, vinegar, dilao (or kasubha) and the water if the vinegar is too sour, (otherwise no more water is needed) and the corn pepper. Boil until all is cooked. Then add the lard and the coconut milk.

Vegetable Salad

½ kilo potato
3 hard boiled eggs
1 onion
½ bunch celery or celery salt
1 cup mayonnaise
½ cup vinegar
1 tsp. sugar
salt and pepper to taste

Wash and boil the potatoes until soft. Cut into cubes. Cut the onion and the celery fine and mix with the potatoes. Put in a salad bowl and mix all together with mayonnaise, vinegar, onion and celery. Add the sugar and mayonnaise and put the hard boiled eggs on top for decoration. Sprinkle with celery, salt, and pepper.

DINNER

Tinolang Bañgus

1 regular size bañgus
3 pieces of potatoes or upo
1 onion
2 pieces of garlic
2 tbsp. lard
2 cups rice water

Clean the bañgus as usual. Cut them into regular size. Saute the garlic and add onion and then the fish. Add the potatoes or upo and cover. Then add the rice water. Cook until the fish and potatoes are done.

Sarsiado de huevos

6 itik eggs (hard boiled)
1 can of tomato sauce
1 small onion
1 tbsp. lard
½ tsp. curried powder

Cut the hard boiled eggs into four pieces lengthwise. Saute the onions, then add the tomatoes. Boil for two minutes. Then add the curried powder and pour it to the eggs which has been arranged on a dish.

Fern or paco salad

Select young leaves of the eatable kinds of ferns. Cut into about two inches long and boil until tender.

Make french dressing by mixing 1/2 cup of vinegar, 2 tbsp. of oil, 1 tsp. of sugar and salt and pepper to taste. Mix well and pour into the boiled paco. Decorate the salad with sliced hard boiled eggs, sliced tomatoes and onions.

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MENU No. VIII

BREAKFAST

Fruit (any in season)
Fried eggs

Fried rice and longanisas
Cereal — Oatmeal or puffed rice

LUNCHEON

Soup — Clam chowder
Baked tanguingue steak

Lettuce salad
Dessert — Fried saging na saba
Meat loaf

DINNER

Onion soup
Camaron rebosado

Choy suey
Dessert — Lojua

Submitted by:

Mrs. JOSEFINA EUGENIO
Board Member

MARKET ORDER

Longanisa
Oatmeal
Clams
Potatoes
Milk
Crackers
Fish Tanguingue
1 pound beef chopped
2 lbs. pork chopped
Lettuce

Eggs
Carrots
Bacon
Butter
Shrimp
Tomatoes
1 cabbage (small)
Celery
Mushroom
Toyo sauce

Lard

LUNCHEON

Clam Chowder

1 quart clams
4 potatoes (diced)
1 sliced onion

1 tsp. salt
⅛ tsp. pepper
4 cups milk
8 crackers

Remove from shells. Fry onion 10 minutes; add cubed potatoes and water, enough to cover. Cook until potatoes are tender then pour milk and season with pepper and salt. When milk is boiling add the clams. Sprinkle pieces of cracker before serving.

Baked Tanguingue Steak

Rub steaks with butter, pepper, and salt. Lay on a baking pan and pour 1 cup milk. Baste often until milk is all used. Serve with mushroom sauce.

Meat Loaf

1 pound lean beef chopped
1 pound chopped pork
2 cups stale bread crumbs
3 eggs
1½ cups milk
2 tsp. salt
1 onion minced
green pepper chopped
3 carrots boiled diced
4 slices bacon
3 tbsp. butter

Mix all ingredients together. In the bottom of the loaf pan lay 2 pieces of bacon lengthwise. Pour the mixture and cover with the remaining 2 slices of bacon. Bake or steam for 40 minutes. Turn out on platter and surround with tomato sauce.

Lettuce Salad

Choose very fresh lettuce. Wash carefully and put in the refrigerator. Shell some cooked shrimps. Cook and then dice 1 big potato. Before serving place the lettuce (sliced) on a platter, place the potatoes then the shrimps on top place slices of onion and slices of tomatoes. Pour French dressing.

DINNER

Onion Soup

3 tbsp. butter
6 large onions
1 heaping tbsp. flour
1 cup milk
salt and pepper

Melt the butter. Cut the onion in thin slices. Add and simmer for half an hour. Now put the milk in to boil. Add the flour to the onion and stir constantly for 2 minutes. Turn this mixture into the milk and cook 15 minutes. Rub the soup thru a strainer, return to fire and add seasonings. Beat the egg yolks well and add stirring constantly. Serve with fried croutons.

Chop Suey

1 pound lean pork
1 small head cabbage
1 onion sliced
1 celery head cut crosswise
1½ tsp. salt
1 cup mushroom
2 tbsp. toyo
lard

Cover bottom of frying pan with lard adding the salt. Saute the pork for 10 minutes. Add all other ingredients for 15 minutes. Thicken slightly with cornstarch in the usual manner.

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MENU No. IX

BREAKFAST

Fruit — **Fried rice** — **Tortilla de carne**

LUNCHEON

Oyster's soup — **Chicken a la King**

Dessert — Fruit salad

DINNER

Gabi Gulay — **White fish**

Dessert — Cup custard

Submitted by:

Mrs. LUTGARDA LANGCAUON
Board Member

MARKET ORDER

Fruit (any kind)
Milk (evaporated)
Onions
1 can mushroom soup
flour
1 red pepper
1 green pepper
Garlic
1 envelope Knox gelatine
1 lemon
Almonds
Cherries
Pineapples
Mayonnaise
25 gabi leaves
2 coconuts (mature)
Ginger
2 cups oyster
1 chicken
White fish
¼ kilo pork meat
¼ kilo shrimp

LUNCHEON

Oysters' Soup

2 cups fresh oysters (already shelled)
2 cups milk
2 cups oyster's broth
1 onion chopped
½ teaspoonful pepper
salt to taste

Boil the oyster (already shelled) in 2½ cups of water for 10 minutes. Saute the garlic in 2 tbsp. lard and butter, until golden brown; put the chopped onion and cook for 3 minutes. Add the boiled oysters with the soup and the seasoning. After boiling for 5 minutes, add the milk and then put out the fire. This will serve from 4 to 6 persons.

Chicken a la King (with mushroom sauce)

1 chicken — young and tender
1 can mushroom soup
2 tablespoons lard or butter
4 tablespoons flour
1 ripe & 1 green sweet pepper
1 teaspoon salt
1 onion cut into pieces
2 cloves garlic (crushed)

Clean the chicken and cut into pieces. Boil parts in 4 cups of water with little salt until meat is tender. Put lard or butter in a frying pan and saute the garlic until brown. Put flour into the boiling lard and stir mixture to golden brown paste. Add the onion and the finely cut pieces of sweet pepper and cook for 5 minutes. Add the boiled chicken parts together with its broth and cook until the sauce becomes thick with the mushroom soup added in. Salt and cook for 10 minutes. Salt to taste.

White Fruit Salad

1 envelope Knox Sparkling Gelatine
¼ cup cold fruit juice
½ cup hot fruit juice
1 tablespoon lemon juice
½ cup canned pineapples
½ cup canned white cherries
¼ cup almonds, chopped
¼ cup mayonnaise
2 tablespoonfuls powdered sugar
¼ teaspoonful salt
½ cup cream or evaporated milk, whipped

Pour cold fruit juice in bowl and sprinkle gelatine on top of fruit juice. Add hot fruit juice and stir until dissolved. Add lemon juice and salt. Cool, and when mixture begins to thicken add mayonnaise and sugar. Add pineapple and cherries cut in small pieces, and nuts. Turn into individual molds that have been rinsed in cold water and chilled. To serve, unmold on lettuce and garnish with a tinted whipped cream salad dressing. Other fruits may be used, and salad may be chilled in tray of a mechanical refrigerator.

DINNER

Gabi Gulay

(The following ingredients are good for eight (8) to ten (10) persons):

25 gabi leaves (regular size)
2 coconuts, matured — grated and extracted
2 centavos worth of ginger — pounded
5 cloves, garlic — pounded
1 big onion — minced
3 green peppers (hot kind)
5 centavos worth of "bagoong na alamang"
¼ kilo pork cut into cubes
¼ kilo shrimp

Cut the gabi leaves from their stalks and cut them into ribbon-like sizes. Peel about seven (7) stalks and cut them into an inch long. Then grate the coconuts and extract the milk with warm water twice until you get about five (5) cupfuls of coconut milk. Put the pork, shelled shrimps, the "bagong na alamang", the pounded garlic and ginger into the coconut milk. Add also a teaspoonful of black pepper for flavor. Then add the minced gabi leaves and the cubed stalks and stir well with a spoon, lest your hand will become itchy. Put these mixtures in a pot and cook like the way of cooking rice. In addition, continue heating for not less than 20 minutes more in order that the gabi will be cooked enough to lose its itchiness.

White Fish

Remove the bones from the fish and open it out flat. Place the broiler pan in the broiler compartment while it is being pre-heated. Grease the broiler pan well and put the fish skin side down, on it without the top section. Brush with melted butter or oil. Place in the heated broiler compartment and broil for 15 minutes, or until it is brown. Then reduce the heat, or lower the broiler pan from the flame, and broil slowly for 10 minutes longer. When it is removed from the broiler, season with salt and pepper and a little more melted butter. Sprinkle with chopped parsley and serve with thin slices of lemon.

Cup Custard

5 eggs
5 tbsp. sugar
3 cups milk
1 tsp. vanilla
nutmeg if desired

Beat the eggs. Add the rest of the ingredients. Strain and pour on pyrex cups and bake on a deep pan with water.

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MENU No. X

BREAKFAST

Fried pinipig
Fresh tinaps served with fresh tomatoes and onions
Egg revuelto
Coffee or chocolate

LUNCHEON

Dinuguan or tinadtad
Bañgus with tauchi sauce
Bagoong (alamang)
Boiled eggplant
Dessert — Pastillas de pili

DINNER

Fish sinigang
Tortilla de carne on banana leaves
Fish balls
Dessert — Glazed camote

Submitted by:

Mrs. CONSORCIA LEVISTE
Board Member

MARKET ORDER

1 cup pinipig
4 green sili (lady finger kind)
2 radishes
½ cup bagoong alamang
3 cups pig's blood
2 bañgus
5 eggplants
2 tbsp. tauchi
1½ kilo tender pork meat
ginger
tomatoes
garlic
eggs
6 camotes (small size)

LUNCHEON

Dinuguan or Tinadtad

1 kilo raw pork chopped finely
3 cups pig's blood
½ cup vinegar
½ cup water
2 sweet red peppers
3 cloves garlic (pounded)
1 onion (chopped)
salt and pepper to taste

Saute the garlic, onion and chopped pork. Add vinegar and water. Cover and cook until it is tender. Pass the blood through a sieve to avoid lumps before adding to the chopped meat. Stir while cooking. Add salt and pepper to taste. Add the sliced pepper. Simmer for five minutes or until cooked.

Bañgus Tinochohan

7 pieces bañgus cut diagonally and fried
2 tbsp. tauchi
2 fresh tomatoes cut finely
5 cloves garlic cut into strips
1 onion cut lengthwise into thin slices
1 tbsp. vinegar
1 cup water

Saute garlic, onion and ginger first. When light brown add the sliced tomatoes, vinegar, water and tauchi. Cook until tomatoes are soft and sauce is of the desired consistency. Add fried bañgus, let simmer for a few minutes.

(Note: Save head and tail of the bañgus for sinigang.)

Bagoong Alamang

½ cup bagoong
3 tbsp. lard
2 cloves garlic well pounded
2 tbsp. onions cut fine
1 tbsp. vinegar
2 tbsp. boiled pork cut into cubes

Fry garlic then add onions, and when light brown add pork, bagoong and vinegar. Fry until the bagoong is cooked.

Pastillas de Pili

1 cup ground pili
½ cup sugar
½ cup milk
Vanilla or lemon rind for flavoring

Mix all ingredients and cook over a slow fire, stirring constantly. When mixture no longer sticks to the hand, remove from fire and roll in sugared board. Cut to desired shapes.

DINNER

Fish Sinigang

2 heads and tails of bañgus
1 tomato (sliced)
1 onion sliced thin
1 sili
2 green camias
salt and pepper to taste
3 cups rice water or stock

Boil water with tomatoes, onions and camias. When all are tender pass through a strainer and press well. Return the liquid to boil and add the radish, sili and salt. Cook until fish is done. Season with pepper and salt. Serve hot.

Tortilla de Carne

½ kilo raw pork chopped finely
1 potato cut into cubes
2 eggs well beaten
2 cloves garlic (pounded)
2 tbsp. chopped onions
1 fresh tomato peeled (cut into small pieces)
½ cup stock or water
2 tbsp. flour
2 tbsp. chopped ham

Saute garlic, onions and tomatoes. Add chopped pork, stir, pressing well all meat lumps. When meat is half cooked add the rest of the ingredients. Cook well covered, until meat and potatoes are tender. Season to taste.

Beat eggs well, add the flour and then pour it to the cooked meat. Heat the frying pan with a little lard. Line the bottom with banana leaves, cut to fit the frying pan. Pour half of the mixture, spread evenly. When one side is cooked, slip or slide the banana lining with the cooked meat or torta on a plate. Replace the pan with another banana leaf lining, then invert the torta back to the frying pan and cook the other side until egg is well done. Serve while hot. Cook the rest of the mixture the same way.

Fish Balls

1 cup flaked bañgus, or dalag or any leftover fish
1 cup mash potato or camote
2 eggs well beaten
½ tbsp. butter
salt and pepper to taste
green onions cut finely could be added if desired

Pass the boiled potato or camote through a potato ricer. Mix with the rest of the ingredients. Form into balls. Roll on flour or bread crumbs before frying. Fry in deep fat.

DESSERT:

Glazed Camote

6 boiled sweet potatoes
1 cup brown sugar
½ cup water
2 tbsp. butter

Boil sugar and water for five minutes. Pare potatoes, slice and arrange in buttered baking dish. Pour over one-third of the syrup and bake until brown, basting with remaining syrup. If one has no oven boil camote in thick syrup with butter.

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MENU No. XI

BREAKFAST

Suman sa ibos and mango **Fried Eggs**
Chocolate or Coffee

LUNCHEON

Longanisa de Macao
Kilawin Puso
Fried Bañgus with toyo
Dessert — Steamed Prunes

DINNER

Meat Balls
Chuletas de Pescado with white sauce
Kinchay and shrimp
Avocado salad
Dessert — Banana with guava jelly and cheese

Submitted by:

Dra. CARMEN T. REYES
Board Member

LUNCHEON

Longanisa de Macao

1 kilo pork (½ lean & ½ fat)
5 heads of garlic
¼ cup calamansi juice
1 tbsp. toyo
1 cup vinegar
1 tbsp. brown sugar
¼ tsp. white pepper

Cut the meat into small squares. Cut the garlic into small pieces. Put the cut meat into a bowl, add the garlic, vinegar, sugar, toyo and spices. Mix well and cover. When cooking, put a little water according to the amount of meat. Cook until brown.

Kilawing Puso (Banana Heart)

3 hearts of bananas preferably saba or butuhan
1 head of garlic
1 onion
1 cup vinegar
1 tablespoon sugar
2 tablespoon lard
salt and pepper to taste

Peel the hearts until the white tender part is out. Cut them fine crosswise. Squeeze with salt until all the sticky juice is out. Squeeze well and throw the water where the hearts had been squeezed.

Put the lard on a frying pan or cawali. Add the garlic and cook until brown. Add the hearts and cover. When a little dry, add the onions, the vinegar, sugar and salt and pepper. Cover, and cook until the hearts are soft.

Fried Bangus With Toyo

3 calamansi
1 bañgus
¼ cup lard
¼ cup toyo

Clean the bañgus and cut lengthwise as you do for "daing" Wash well and put on a platter. Squeeze the juice of the calamansi all over the fish and mix the toyo. No salt as the toyo is salty already. Soak for ten minutes, then take the bañgus and fry. When it is brown, add the toyo and calamansi mixture in which the fish has been soaked. This will be used as sauce.

DINNER

Meat Balls

½ kilo ground pork (choose the part that has no fat)
1 small onion cut fine
2 eggs
1 cup of misua
1 small bunch of green onions
1 tablespoon toyo
1 tablespoon lard
2 pieces garlic
3 tablespoon flour
3 cups water
salt and pepper to taste

Mix the flour into the meat and one egg and form into small balls.

Saute the garlic, add the onion and cook until a little brown. Add the water. When it boils, drop the small balls and boil until the meat is cooked. Add toyo, salt and pepper. Then heat the eggs and add to the meat, stirring constantly. Add the misua and the finely cut green onions. Serve hot.

Chuletas de Pescado with white sauce

6 slices of fresh fish
1 onion cut fine
2 tbsp. lard
1 small bunch of green onions
2 tbsp. flour
2 cups water
1 tbsp. butter

Clean the fish and put a little salt. Put lard on a pan; when hot, add the onion, but do not let it get brown. Then add the water. When it boils, put the fish and allow it to cook. When done, take the fish from the pan and put them on a dish. Leaving the sauce on the fire, add the flour to the water on which the fish has been cooked. (Wet the flour before adding to prevent from curdling.) Add butter and finely cut green onion. When thick, pour it on top of the fish.

Kinchay and Shrimp

1 big bunch of kinchay
¼ kilo of shrimps
2 pieces tokua
1 tbsp. toyo
2 tbsp. lard
1 onion

Cut the kinchay into 1-½ inch long. Cut the tokua lengthwise. Then the onions. Peel the shrimps and cut lengthwise. Chop also the shells and the head and add water, and prepare as you do to any kind of vegetable.

Fry the tokua first. Then add the onions, add the shrimps and the toyo. Cover and cook till the shrimps are done. Add the kinchay and cover again until a little dry. Then add the water where the shells of the shrimps have been mashed. Stir continously. Cook for a few minutes and serve. Do not over cook the kinchay. Remove from the fire when it is half cooked.

Avocado Salad

3 good size ripe avocado (select the best kind)
½ cup tomato ketchup
salt and pepper

Peel avocados and slice thinly crosswise. Lay on platter and put tomato ketchup on top. Sprinkle with salt and pepper.

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MENU No. XII

BREAKFAST

Fruits — Ates
Egg Revuelto with mustard leaves
Fried bacon
Coffee and milk

LUNCHEON

Shrimp curry
Chicken with tomato sauce
Pickled radishes
Dessert — Baked stuffed camote

DINNER

Chicken asparagus soup
Stuffed bañgus
Sweet pickles
Dessert — Condol Preserves

Submitted by:

Mrs. CONCEPCION A. SANTIAGO
Board Member

MARKET ORDER

2 spring chicken
½ kilo shrimp
1 big bañgus
Asparagus
Apulid
Mushrooms
Cabbage
Bamboo shoots
Onion leaves
Tomatoes
Eggs
Raisins
1 can peas
1 coconut
Curry powder
Pimiento
Butter
Lard
Radishes
Camote
Condol preserve
Sweet pickles

LUNCHEON

Shrimp Curry

½ kilo shrimp (small or medium)
2 cloves garlic (pounded)
1 tbsp. curry powder
1 cup coconut milk from 1 coconut
2 tbsp. lard
1 onion chopped
1 cup shrimp juice
salt

Saute the garlic and the onions. Add the shrimps and enough salt to taste. Mix until the shrimp is cooked. Stir in the shrimps juice and curry powder for five minutes. Add the coconut milk and let the mixture simmer. Remove from fire after 3 minutes.

Chicken with tomato sauce

1 young chicken
4 onions
2 cups canned tomatoes
¼ lb. butter
2 pieces pimiento
4 potatoes

Fry the chicken in butter or lard. When brown, add the 2 onions cut into very small pieces. Fry until tender. Season with salt and pepper. When almost tender add the tomatoes and the other 2 onions cut into long thin pieces and the quartered potatoes and pimiento. Cook until chicken is tender. When done put in a platter and surround with croutons made as follows: Cut bread in ¼ inch slices. Trim off crust and cut into triangles. Brown in deep hot fat, hot enough to brown the bread in 40 seconds.

SALAD: Pickled radishes.

DESSERT:

Stuffed Camote

Scrub 2 large sweet potatoes and bake until soft. Cut in halves lengthwise, remove potato, put through potato ricer, add 2 tablespoons butter 4 tablespoons hot cream, 1 teaspoon salt and ¼ cup chopped pecans. Beat until fluffy. Beat 2 egg whites until stiff, add to potato, mix well, return to cases and bake 8 minutes.

DINNER

Chicken Asparagus Soup

1 breast of chicken
1 small can asparagus
½ cup Chinese mushrooms
1 cup cabbage cut in small pieces
½ cup bamboo shoots, cut fine
½ cup water chestnuts (apulid) cut in fine strips
1 tbsp. cornstarch
1 bunch young onion leaves

Dress the chicken well. Remove the breast and chop fine. Boil the rest of the chicken for broth. Into the hot broth, drop the chopped breast, cabbage, mushrooms, water chestnuts and bamboo shoots which have been sliced. Add also an egg white and the cornstarch. Cook till done. Just before serving add the asparagus which have been cut into three pieces each and the young onion leaves cut into short pieces. Serve hot.

Stuffed Bañgus

1 bañgus
3 finely chopped tomatoes
1 small potato cut into small cubes and fried
1 finely chopped onion
2 sections garlic chopped fine
1 tsp. salt
1 small can peas
1 small box raisins
2 eggs

Clean the fish, taking care not to cut the skin. Roll the fish on the table, pressing on it to soften the meat. Carefully remove the meat and backbone with the aid of a knife. The skin must remain unbroken. Chop the meat. Fry the garlic, onions, and tomatoes. Add the chopped fish, salt, and stir until cooked. Place the cooked fish in a plate. Add to it 1 tbsp. butter, the peas well drained, the fried potatoes, raisins and the well beaten yolk of eggs. Mix thoroughly. Stuff the fish skin with this mixture and sew the opening. Rub the outside with flour and fry or bake until brown.

MENU No. XIII

BREAKFAST

Fresh fruits
Ensaymada
Kraft cheese
Chocolate

LUNCHEON

Lengua con setas
Baked flaked bañgus
Lettuce salad
Dessert — Pastillas de mani

DINNER

Pechon Ti-im
Macaroni Salad
Dessert — Mango Jam

Submitted by:

Mrs. MARIQUITA V. ADRIANO
Treasurer

MARKET ORDER

Cheese
Yeast
Sugar
Flour
Eggs
Butter
1 can trufas
Tomato in cans
Vino blanco
Onions
Toasted peanuts
Prepared mayonnaise
1½ dozen ripe mangoes
Lettuce
Milk
Bay leaf
Pepper corns
Castañas
Ginger
Asparagus
1 package macaroni
1 canned pineapple
2 apples
Sweet pickles
Ham
1 bañgus (big size)
4 young dove (pechon)
1 chicken
1 tongue (vaca)

BREAKFAST

Ensaymada

1½ cup lukewarm water
4 cakes yeast
1 tbsp. sugar
2 cups flour

1) Mix well and set to rise in a warm place for one hour.
2) To sponge yeast above, add:

½ cup sugar **2 cups flour**
8 egg yolks

Mix again and set to rise for one hour.

3) Cream thoroughly:

1½ cup butter **Add ½ cup sugar and 8 egg yolks**

4) Add to second mixture and mix 6 cups flour with ¼ tsp. salt (Margarine—omit salt.) Mix well. Knead on floured board until fine in texture. Cover and allow it to rise 10 minutes. Grease board and knead the dough slightly. Cut into equal portions and roll each very thin. Spread butter generously on the surface. Roll and shape. Place in greased ensaymada mold and let it rise until it becomes double its former shape. Bake in hot oven for 30 minutes. When done spread butter and sugar on top. Wrap in wax paper.

LUNCHEON

Lengua con setas

1 cow's tongue **1 can trufas**
2 cans medium size (setas) **½ can tomato paste**
3 tbsp. flour **4 tbsp. vino blanco**
3 tbsp. butter **1 cup onions (cut fine)**
salt and pepper to taste

Clean well the tongue and remove all the white particles. Let it stand simmering in salted water until soft enough so you can easily pinch it with a fork. Cut into about centimeter thick. Heat the butter, add the setas and the flour. Cook until brown, add the tomatoes, salt, pepper, onions, wine and the sliced tongue. Cover with stock and add the trufas and let it cook in slow fire until soft and the sauce is of the desired consistency.

Baked Flaked Bañgus

2 cup flaked bañgus **3 tbsp. milk or fish stock**
1 cup grated cheese **1 tbsp. melted butter**
2 eggs, well beaten **½ tsp. salt**
few grains pepper

Boil bañgus, until soft enough to pull spines. Remove the skin and black meat. Mix all ingredients and shaped into loaf. Sprinkle crumbs on top and bake in moderate oven until brown.

Pastillas de Mani

1 can ground peanuts **¾ cup milk**
2/3 cup sugar

Mix all the ingredients together and cook over slow fire stirring constantly to avoid burning. Cook until thick. Sprinkle sugar on a bread board and spread the mixture with a rolling pin. Cut into desired shape.

DINNER

Pechon Ti-im

4 young doves (pechon) dressed whole
1 laurel leaf
15 pepper corns
10 shelled castañas
1 piece peeled ginger
2 cups water
salt to taste
1 can asparagus if desired

Cook all above ingredients except asparagus in double boiler until bird is tender. Add asparagus before serving if desired.

Macaroni Salad

3 cups boiled macaroni cut into pieces
1 cup canned pineapple cut into pieces
2 apples cut into cubes
3 tbsp. chopped sweet pickles
1 cup boiled ham or chicken (diced)

Combine all ingredients and add any prepared mayonnaise dressing.

Boiled Salad Dressing

¼ cup milk
2 egg yolks
1½ tbsp. flour
½ tsp. salt
1½ tsp. butter
2 tbsp. vinegar

Mix all together and cook in double boiler until thick.

Mango Jam

1½ dozens ripe mangoes
½ kilo sugar

Wash mangoes, peel and scrape the pulp. For every cup of pulp add ½ cup sugar and 1 teaspoon of calamansi juice. Cook over a strong fire at the beginning and stir constantly to avoid burning. Reduce fire when it begins to thicken and cook until it jellies from a spoon.

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MENU No. XIV

BREAKFAST

Royal Bibinca — Native cheese
Chocolate and Coffee

LUNCHEON

Cari-Cari — Camaron Rebosado
Bagoong Alamang Guisado — Singcamas Salad
Dessert — Gulaman with fruits

DINNER

Continental soup — Baked Tanguingue or Apahap with Cream Sauce
Menudo de Garbansos
Dessert — Masapan de Buko

Submitted by:

Mrs. MARIQUITA V. ADRIANO
Treasurer

MARKET ORDER

Flour
Cow's feet or tail
½ cup bagoong alamang
13 pieces shrimps
2 cups garbansos
Toyo sauce
Fish
3 buco (green coconut)
Egg
Milk
Sugar
Butter
Corn Starch
Vanilla
Continental soup in package
Calamansi
Cabbage
Singkamas
Coconut — green or buko
Eggplant
Banana heart
Toasted peanut
Atsuete seeds
Pineapple
Cooked ham
Sweet pickles
Prepared mayonnaise
Gulaman
Choriso
Olive oil
Tomato sauce
Garlic and onions
Potatoes
Carrots

BREAKFAST

Royal Bibingca

2 cups flour
4 tsp. baking powder
½ tsp. salt
3 eggs
½ cup coconut milk (thick)
3 tbsp. grated cheese
1 cup sugar

Sift all dry ingredients. Beat the eggs very well until lemon color, add sugar. Add flour alternately with coconut milk. Bake in native bibingka-han line with banana leaf. When light brown sprinkle on top grated cheese and bake until golden brown.

Native cheese

For every cup of carabao's milk add ½ tbsp. vinegar and ½ tsp. salt. Mix well. When it begins to coagulate put in a cheese cloth bag and drain the whey. Place on cheese mold and press it so all moisture is removed. Serve either fresh or fried.

LUNCHEON

Cari-Cari

1 ox tail or big Pata
1 banana heart (butohan, sliced, soaked in salted water)
2 eggplants (sliced crosswise)
2 onions (chopped fine)
4 cloves garlic (pounded)
½ cup toasted peanut (well pounded)
3 tbsp. toasted rice (pounded)
½ cup sitao (trimmed and cut into halves)
½ cup atsuete seeds soaked in water for coloring
5 cups stock of pata
3 tbsp. lard

Boil pata in about eight cups of water until soft. When soft remove the bones. Saute the garlic, onions, and tomatoes. Add the banana heart, sitao, ground peanut and rice. Add atsuete coloring. Simmer for a while and when the vegetables are tender, add the tender meat of the pata. Add salt and pepper to taste. Serve with bagoong.

(Note: Save part of the pata for Menudo.)

Camaron Rebosado

15 fresh shrimps
4 eggs
3 tbsp. flour
4 calamansi
¼ cup toyo sauce

Select nice fresh shrimps about 4 in. long in size. Remove the shell of the body but leave the head and tail. Trim the pointed part of the head. Remove black intestine by cutting partly the back. Soak in calamansi juice and toyo sauce for few minutes.

Beat the eggs very well. Add salt and flour. Drop each shrimp in beaten eggs and fry in deep hot fat.

Singkamas Salad

2 singkamas (boiled and cut into cubes)
2 potatoes (boiled and cut into cubes)
3 pineapple rings in cans (cut into pieces)
3 tbsp. diced cooked ham
1 cup shredded cabbage (blanched)
3 tbsp. sweet pickles (chopped fine)

Mixed all together and add any prepared mayonnaise dressing. Add salt and pepper to taste.

DESSERT:

Gulaman

2 cups gulaman (already soaked in water)
4 cups boiling water and fruit juices from canned fruits
2 cups sugar
3 pieces of canned pineapple (cut into pieces)
3 bananas (cut into pieces)

Boil gulaman in water and fruit juices. When thoroughly melted, add sugar. Pour on pyrex dish and add few drops of vegetable coloring. Add sliced fruits and let it cool to harden.

DINNER

Continental soup

Menudo de Garbansos

½ kilo ox tail or pata (boiled soft)
2 sausages (sliced)
1 piece ham (cut into cubes)
½ cup olive oil
2 cups garbansos
2 tsp. paminton powder
2 cups stock
½ can tomatoes (small size)
1 onion (minced)
2 green pepper from which seeds have been removed
1 bay leaf
3 cloves garlic (pounded)
3 fresh tomatoes

Fry garlic, then onions and tomatoes, and sliced sausage in olive oil. When light brown add paminton, green pepper, bay leaf and ox tail stock. Add goto and garbansos. Simmer until the sauce is of desired consistency. Season with salt and pepper.

Baked Tanguingue

1 kilo tanguingue
1 onion (regular size)
½ can tomato sauce (small size)
4 calamansi
4 tbsp. butter
2 segments garlic (pounded)
2 tbsp. grated cheese
1 cup broth
salt and pepper to taste

Remove the skin of fish and cut into halves. Sprinkle with salt and soak in calamansi juice. Let it stand for a few hours. Place in baking pan and spread butter all around, then cover it with grated cheese. Boil until cheese becomes brown.

Make sauce by frying garlic and onions, and when golden brown add tomato sauce and a cup of chicken stock or water.

Cook until it becomes of the desired consistency. When the cheese is already brown, pour the tomato sauce over the fish, and turn the oven to bake instead of broil, and bake until fish is done.

Chopped pickles and hard boiled eggs can be placed on top of fish if desired. But always serve it hot.

Masapan de Buko

2 cups finely chopped buko
3 cups sugar
1 large can evaporated milk
½ tsp. vanilla
2 tbsp. butter
4 eggs
1 tbsp. cornstarch

Mix buko, sugar and milk. Cook in a pan over moderate fire. When thick, remove from fire to cool. Beat egg yolks, cornstarch, and vanilla together. Add to the buko mixture and cook again until thick. Add butter just before removing from fire. Mix well.

Place in paper cups and brush top with egg white beaten with a small amount of evaporated milk. Bake in moderate oven.

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MENU No. XV

BREAKFAST

Oranges
Longanisa Hubad
Fried Eggs
Rice
Coffee and milk

LUNCHEON

Chicken "fritada"
Kilawin — Oysters or Tulla
Dessert — Pulvoron

DINNER

Patola with Misua
Meat ball with shrimp
Fresh tinapa and fresh tomatoes
Dessert — Pulvoron

Submitted by:

Mrs. MARIQUITA V. ADRIANO
Treasurer

MARKET ORDER

Eggs
Salitre (salt Peter)
Garlic
Sugar
Toyo sauce
Laurel leaf
Oregano
Native vinegar
Tomatoes
Onions
Potatoes
Lard
4 Pimientos Morrones or Baguio peppers
Biscuit crackers
Oysters or tulla
Native onions
Pepper corns
1 box cornstarch
1 can Klim Milk powder
Butter
Lemon Extract
2¼ kilos pork meat with fat
1 spring chicken
1 patola
Bagoong alamang
Shrimp (¼ kilo)
Apulid

BREAKFAST

Longanisa Hubad

2 kilos raw pork with fat
3 cloves garlic (well pounded)
¼ teaspoonful salitre
1 teaspoonful fine salt
1 cup toyo sauce (good kind)
1 laurel leaf and a bunch of oregano if desired
1 tablespoon sugar

Choose young pork with thin skin. Remove skin and out meat and fat into cubes about one centimeter. Sprinkle meat with salt and salitre. Mix well with pounded garlic.

Boil toyo, sugar, laurel and oregano. Strain. Let cool before adding to the meat. Mix well; put in glass container with cover and keep it in the refrigerator.

It can be cooked for breakfast the next morning.

In cooking for every cup of meat add 3 tablespoon full of water and simmer until meat is tender. Then remove the cover, stir to fry until water has evaporated and fat comes out. Cook until dark brown.

We call this "hubad" in Tagalog which means undressed, because it is not served in longanisa style.

LUNCHEON

Chicken "Fritada"

1 spring chicken (cut into pieces)
¼ kilo pork cut into cubes
1 cup native vinegar
1 tsp. of pounded garlic
½ cup of peeled ripe tomatoes
½ onion cut in round slices
3 potatoes cut into fours
1 laurel leaf
2 tbsp. shortening
4 pimientos morrones or Baguio peppers
2½ cups water
salt and pepper to taste
½ tbsp. powdered biscuit

Mix all ingredients. Cook well covered over slow fire until meat is tender. Thicken sauce with powdered biscuit.

Kilawin talaba — Oysters or Tulla

1 cup shelled oysters or tulla
½ cup vinegar (add water if it is too sour)
5 native onions (peeled and cut into rounds)
2 cloves garlic (pounded)
5 pepper corns newly pounded
salt to taste

Marinate oysters meat with the rest of the ingredients for about 2 hours. Then bring to boiling point. Serve cold.

Pulvoron

½ box cornstarch
1 cup Klim Milk powder
¼ cup sugar
½ pound butter
1 tsp. lemon extract

Toast starch until light brown on a carajay by stirring constantly over moderate fire. When starch is cold, add sugar, powdered milk and melted butter. Mix well and mold in chocolate molds. Wrap in wax paper.

DINNER

Patola with Misua

2 cups stock from oysters or tulla (if none, rice water)
1 young patola (cut into slices)
3 knots of misua
½ tablespoon of bagoong alamang

Boil all together and when patola is cooked, add misua.

Meat Ball with Shrimp

10 shrimps (shelled and cut fine)
½ kilo chopped pork meat
1 onion (chopped fine)
5 apulid or water chestnut (boiled, peeled and chopped fine)
2 eggs
½ tbsp. onion stalk (cut fine)
2 tbsp. bread crumbs

Mix all ingredients and form into small round balls. Roll on bread crumbs or flour and fry in deep hot fat.

Serve while hot.

MENU No. XVI

BREAKFAST

Oranges
Fried pinipig
Fried eggs and bacon
Chocolate
Toasted bread and butter

LUNCHEON

Bachoy
Grilled milkfish with onion and tomato stuffing
Rice
Dessert — Steamed bananas in syrup

DINNER

Chicken noodle soup
Tenderloin steak
Lettuce and tomato salad
Rice
Dessert — Apricot jelly

Submitted by:

Mrs. AMPARO M. BERNARDO

MARKET ORDER

Oranges
Pinipig
Eggs
Bacon
Butter
Tomatoes
Toyo sauce
Lettuce leaves
Bananas
Apricot jelly
1 kilo kidney liver and spleen
1 milkfish (big)
1 pkg. chicken noodle soup
1 kilo tenderloin

LUNCHEON

Bachoy

2 tbsp. purico
2 segments macerated garlic
1 chopped onion
1 small piece ginger in fine strips
1 tbsp. patis
1 kilo kidney, liver and spleen of the pig
3 small bundles of misua

Clean thoroughly the kidney, liver and spleen of the pig. Cut into small pieces and fry in deep hot fat until a little bit brown. Remove. Saute in 2 tbsp. fat, the garlic, onion, ginger and add the fried mixture Add patis. Mix thoroughly with a spoon and cover. After ten minutes, add enough stock or rice water to cover and boil until meat becomes tender. Add misua cut into pieces, add chopped onion leaves before serving.

Grilled Milkfish

1 big milkfish
1 onion
5 medium size tomatoes
salt and pepper
1 tbsp. toyo
2 segments macerated garlic
5 tbsp. white native vinegar

Get a big fresh milkfish about two pounds. Remove the gills. Make an opening at the back of the fish and remove the intestines and the blood clots. Clean the inside very well then sprinkle a little salt. Do not remove the scales of the fish. Chop the onions and tomatoes until fine. Stuff the mixture inside the opening of the fish. Wrap the fish with banana leaves and tie with a string. Broil it in the oven for about an hour or until it is done. It is done when the fish is brown in the inside. For sauce prepare the macerated garlic. Put one tbsp. of toyo and the white vinegar.

DINNER

Noodle Soup

Boil three cups of water. When it boils, put in the contents of one envelope of chicken noodle soup. Let it boil for ten minutes. Serve hot with cubed hard boiled eggs.

Tenderloin Steak

1 kilo terderloin
5 tbsp. toyo
2 medium size onions
2 segments macerated garlic
2 tbsp. vinegar

Slice the tenderloin into steaks one-half inch thick. Prepare the mixture of macerated garlic, vinegar and toyo. Soak the steaks in it for five minutes. Put a small amount of lard on a frying pan. When it is hot, put in the steaks until it becomes brown depending on whether one would like it raw, half done or well done. Remove from pan. Put the toyo mixture on the pan. When it boils put the sliced onion. Let it boil once then remove from fire and spread this on top of the steaks. This is one way to cook steak, others have a different way.

Lettuce Salad

2 hard-boiled eggs
5 medium size tomatoes
5 stems of fresh crispy lettuce
french dressing
1 onion

Wash very well the lettuce leaves and cut it fine. Cut the tomatoes and onions into fine slices, crosswise. Put french dressing and on top the hard boiled eggs.

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MENU No. XVII

BREAKFAST

Fruit
Chocolate
Toasted rice
Bacon
Tomato (fresh)
Fried eggs (either scrambled or poached)

LUNCHEON

Mongo guisado
Fish escabeche
Adobo
Dessert — Mango Jam

DINNER

Corn soup
Duck dinuguan
Fried fish
Tomato and lettuce salad
Dessert — banana split

Submitted by:

Mrs. SALUD MANALO CONCIO

MARKET ORDER

Bacon
Tomatoes
Eggs
Fresh fruits
Mongo
Crab & shrimps
Fish — Apahap or Lapu-lapu
Green pepper
Abichuelas (green)
Ginger
Toyo sauce
Cornstarch
Vinegar
Sugar
Lettuce leaves
Bananas
1 spring chicken
1 duck
½ kilo pork
¼ kilo liver
Ripe mangoes
Green corn
2 cakes tahure
1 medium size papaya half ripe

LUNCHEON

Mongo Guisado

1 cup mongo
2 spoons lard
1 spoon crushed garlic
1 cup crab's juice
1 cup shrimp's juice
1 cup peeled shrimps
½ cup sliced ripe tomatoes
1 regular size onion
Kutchay (about ₱.05 worth)
Patis to taste

Wash the mongo and boil it in enough water to cook. Prepare the shrimp and crab juices. Shred the onion, kutchay and slice the tomatoes.

Saute the garlic, onion, tomato, shrimps and add patis to taste. When lard begins to show, add the shrimp and crab juices stirring well to avoid curdling. Let it boil. Knead the cooked mongo on a plate and add it to the shrimp mixture. Let it boil and when done, add kutchay. Cover and remove from fire.

Fish Escabeche

1 medium size apahap or lapu-lapu
1 big green pepper (siling pare)
¼ cup shredded carrot
¼ cup green abichuelas
2 spoons lard
1 inch ginger
1 medium size onion
1 spoon shredded garlic
2 spoons toyo
3 spoons corn starch
2 spoons water
1 spoon sugar
½ half cup vinegar

Clean the fish well and season it with salt and lime juices. Soak it for an hour. Shred all vegetables and soak in cold water. Shred garlic, onion and ginger. Fry garlic, ginger and onion. Add the corn starch and toast it to golden brown. Add water, sugar and toyo stirring well. Add vinegar and let boil. Add all the drained vegetables until half done. Remove from fire. When about to serve, fry the fish to golden brown and put in a platter. Cover it with the vegetable mixture.

Adobo

1 spring chicken
½ kilo pork
¼ kilo liver
½ cup native vinegar
salt and pepper to taste

Dress and cut chicken two inches long. Cut liver and pork same length. Soak them in vinegar, crushed garlic and salt and pepper for an hour. Then boil, remove liver and the rest, cook until tender. Remove the liquid, fry the pork, chicken and liver and then add the liquid. Add the broth and boil until reduce to sauce.

Mango Jam

Boil the ripe mangoes. Peel and wash until it is reduced to very fine pieces. Mix ten cups of pulp to seven cups of sugar. Boil until thick.

DINNER

Corn soup

6 cups chicken's broth
2 cups grated very young corn
1 cup peeled shrimps
1 medium size onion
3 pieces crushed garlic
1 spoon lard
Salt & pepper to taste
Young onion (about P.05 worth)

Fry garlic, onion and shrimps. Salt to taste. Add broth and corn. Cook until corn is done. Add pepper and young onion. Cover and remove from fire.

Duck Dinuguan

1 duck
2 cakes tahure
½ cup sliced tomato
1 half ripe papaya medium size
sugar to taste
1 medium size onion
1 cup vinegar
½ head garlic
5 cups water

Cut the neck of duck allowing the blood to drip in ½ cup vinegar. Clean well the duck by rubbing the skin with salt and gugo bark. Cut to two inches length and sprinkle with little salt and lime juice. Saute the ginger, garlic, onion, tomatoes and add the duck. Knead the tahure in ½ cup vinegar and add it to the duck. Put water. Cover and cook until duck is tender. Slice thin the papaya. Add it to the duck. Add the blood, stirring until it boils. Add sugar to taste.

Banana Split

Vanilla ice cream
Sliced bananas
Caramel syrup

Wipe well an iron pan and heat it a little. Put ¾ cup sugar and melt it in slow flame stirring a little. Boil 3 spoons water. Add to the caramel stirring well.

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MENU No. XVIII

BREAKFAST

Papaya
Fried liver with onions & toyo
Toasted bread with butter
Chocolate or coffee

LUNCHEON

Fish sinigang with vegetables
Callos
Pineapple and coconut salad
Dessert — banana fritters

DINNER

Fish escabeche with papaya verde
Hamburger rolled with bacon
Cucumber salad
Dessert — Gulaman with fruits

Submitted by:

Mrs. TEOFISTA GUEVARRA

LUNCHEON

Fish Sinigang with Vegetables

(Head of a big fish — it has to very fresh; or 1 talakitok, lapu-lapu, preferably pimista.)

10 pieces camias
5 pieces tomatoes
¼ of a small cabbage
2 pieces potatoes
Few pieces string beans
Rice water

Clean fish thoroughly but don't put salt. Put the rice water on a caserola, add tomatoes which has been cut, and the camias cut into halves. Let it boil, then add all the vegetables and cook until they are soft. Then add salt and the fish, and boil till it is cooked, stirring once in a while. Serve with patis or alamang.

Callos

1 kilo goto
1 pata vaca
1 can tomato sauce
1 can whole tomatoes or 15 fresh ones
3 red peppers
¼ kilo garbansos
2 chorisos de Bilbao
1 onion big
2 tbsp. lard
garlic

Boil the goto and pata. Clean and throw the water. Clean again and boil until soft.
Slice into small pieces about 1 inch big.

Put lard in the pan, add garlic and onion. Add the 2 kinds of tomatoes. Cook for a few minutes then add the chorizo sliced. Add the goto and pata without the bones. Then the pepper cut into pieces. Cover, boil for ten minutes, then add enough broth where the pata and goto has been boiled. Boil again until the goto is well cooked. Add salt to taste, then the garbansos and boil.

Pineapple and coconut salad

1 ripe pineapple (sweet kind) **1 coconut**

Pare pineapple, take all the eyes and cut into small squares. Scrape the matured coconut and mix with the pineapple. If the pineapple is not very ripe, little sugar can be added. Drain well the pineapple before adding to the coconut.

DINNER

Fish escabeche con papaya verde

Fried fish, either dalag, biya, or bañgus
1 onion
1 small piece of ginger (an inch big)
5 pieces garlic (cut into fine pieces)
1 tbsp. brown sugar
1 c. shredded papaya
¼ c. vinegar
1 tbsp. lard
½ c. water
salt
pepper

Put the lard on a pan. When hot, add the garlic and cook until brown. Add the onion and the ginger cut into pieces. Mix the vinegar and water. Add to the pan and boil. Add sugar and salt. Then add the papaya. Boil for five minutes and then add the fried fish.

Hamburger rolled with bacon

½ kilo of hamburger
As many pieces of bacon as the hamburger
1 onion
2 eggs
½ cup lard
¼ cup flour
Salt & pepper to taste

Cut the onions fine and mix to the meat. Add the eggs and prepare the hamburger the usual way. Roll each piece of hamburger with bacon and fry in deep fat.

Cucumber Salad

2 small young cucumber
4 hard boiled eggs
½ cup mayonnaise or sandwich spread
salt and pepper to taste

Pare the cucumber. Cut into half lengthwise. Take all the seeds and the soft particles inside, leaving only the hard part. Wash well. Mash the eggs and mix with mayonnaise. Fill the half cucumber with the egg mixture and chill for several hours.

Before serving, turn the cucumber upside down and slice with a sharp knife very thin and serve. More mayonnaise can be poured before serving.

Gulaman with fruits

Boil 1 pint of water and put 1 small bunch of gulaman. Add 2 cups of sugar, 1 bottle of either sarsaparilla or cherry (cold drink), add fruits and put in a cool place to harden.

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MENU No. XIX

BREAKFAST

Sliced papaya
Scrambled eggs
Bread and butter
Coffee and milk

LUNCHEON

Pansit Molo
Fish cardillo
Rice
Dessert:— Leche Flan

SUPPER

Picadillo de Carne
Fried calf's brains
Dessert:—Canned Peaches

Submitted by:

Mrs. BEATRIZ M. HILADO

MARKET ORDER

Papaya
Eggs
Butter
Flour
Toyo sauce
Kutsay
Garlic
1 evaporated milk
Vanilla
Onions
Tomatoes
1 chicken
½ kilo ground pork
1½ cups shrimp
1 fish for cardillo
1 calf's brain

LUNCHEON

Pansit Molo

2 cups flour
Yolks of 3 eggs
¼ teaspoon salt
¼ cup water

Sift the flour and salt, add the yolks of 3 eggs, and knead with the fingers. Add the water and work until the dough becomes very smooth and fine. Roll out on a floured board to a thin sheet about the thickness of paper. Cut in small triangular pieces.

Prepare the following:

1 cup ground pork
5 tablespoons toyo
Yolks of 2 eggs
2 tablespoons chopped kutsay
pinch of pepper

Mix the above ingredients and wrap in the dough, pressing the sides to seal them together and to keep the stuffing in. Lay aside.

Prepare the soup as following:

1 boiled chicken, cut in small pieces
1½ cups boiled, sliced shrimps
8 tablespoons chopped garlic
8 tablespoons toyo
1 tablespoon salt
5 cups shrimp soup
10 cups chicken soup
½ cup chopped kutsay

Fry the garlic, onion, and shrimps. Add the chicken and fry about 8 minutes. Add the toyo and cook a few minutes longer. Then add the shrimp soup and chicken soup, and boil very slowly for about 1 hour. When ready to serve drop the mixture wrapped in the dough in the soup and boil for 5 minutes. Serve hot.

Fish cardillo

1 fish
1 onion
4 eggs
3 tablespoons Crisco
3 cloves garlic
1 cup water

Saute the garlic and onions in hot Crisco and add the water. Then add the fish and the seasoning, and just before removing add the well beaten eggs, stirring it well. Do not allow the eggs to curdle.

Leche Flan Dessert

5 egg yolks and 1 white of egg
Sugar to taste
1 cup water
1 cup evaporated milk
Vanilla

Beat lightly the egg yolks and the egg white together with the sugar; add the milk and water. Strain the mixture and pour into pan, the bottom and sides of which have been previously coated with caramelized sugar. Place this in a bigger pan half-filled with water and bake until mixture becomes firm. Remove pan only after the flan has cooled.

SUPPER

Picadillo de Carne

2 tablespoons lard
3 pieces pounded garlic
1 whole onion cut in pieces
3 potatoes diced fine
3 tomatoes, sliced fine
3 cups water
1 cup ground meat

Saute in lard the garlic, onion, and tomatoes. Add the ground meat, salt to taste, and cover while mixture simmers. Then add the water and boil gently. When meat is soft, put in the diced potatoes.

Fried Calf's Brains

1 calf's brains
2 eggs

Boil the brains, but not too much. Then cut them into small pieces. Dip them in the well beaten eggs and fry in hot lard.

—o:o—

MENU No. XX

BREAKFAST

Fruits
Canned sardines
Fried eggs
Bread
Coffee & milk

LUNCHEON

Pork adobo
Chinese escabeche
Dessert:— Camote preserve

DINNER

Hot broth with crackers
Morcon
Fish a la Vinagretta
Dessert:— Guava jelly & bananas

Submitted by:

M. N. LAHOZ

MARKET ORDER

Bananas
1 canned sardines
Garlic
Bay leaves
Chinese apulid
Mushroom
Onions
Camote
Eggs
Cheese
Ham
Olives
Mayonnaise
Red pepper
Green onions
Salad oil
Lemon or calamansi
1 kilo pork
1 apahap
½ kilo meat beef
Fish talakitok for vinagretta

LUNCHEON

Pork Adobo

1 kilo pork
1 head garlic
3 bay leaves
4 tsp. salt
1 tbsp. black pepper
1 tbsp. lard
2 cups water
½ cup vinegar

Clean and cut eat into cubes. Put in a saucepan, then add vinegar, garlic, pepper, bay leaves, salt and water. Cover and cook until soft. Drain the liquid. Add the garlic and some lard if needed. Continue sauteing until brown. Pour the liquid back to the pan and let simmer for five minutes.

Chinese Escabeche

1 small apahap
10 Chinese apulid
⅛ kilo mushroom
½ cup brown sugar
1 big American pepper
1 onion
¼ cup starch
2 tbsp. water
¼ kilo pork
5 slices ham
Lard

Fry the fish. Saute onion, add ginger, ham and pork. Then pour the vinegar and let boil. Add the pepper. Then add the starch mixture and stir. Cook until transparent. Season well (sweet sour). Add the fish and simmer. Lastly garnish with onion. Serve hot.

Camote Preserve

Select colored camotes. Pare and carve, soaking the camote in water. Soak in lime water overnight. Wash well and blanch. Make 2 to 1 syrup (2 parts sugar and 1 part water) and boil for 10 minutes. Leave overnight to allow the syrup to penetrate. The next day, boil until done. Pack and sterilize for 30 minutes.

DINNER

Morcon

1 large thin slice of meat
3 eggs (boiled)
1 egg (beaten)
3 tbsp. grated cheese
½ cup sliced sweet pickles
½ cup shredded ham
¼ cup sliced olives
Salt and pepper to taste
Lemon juice

Lay the large thin slice of meat on the table and then season with lemon juice, salt and pepper and paint the surface with beaten egg. On the meat, arrange the sliced boiled egg, pickles, olives and ham. Sprinkle with grated cheese. Roll carefully to a loaf and tie with a long piece of thread securely. Wrap in a piece of cheese cloth. Stew in spiced-broth, drain and fry in deep hot fat.

Fish a la Vinagretta

Clean the fish well. Wrap in banana leaves and tie the ends. Steam in the following ingredients:

2 cups water
2 tbsp. Wesson oil
2 tbsp. vinegar
1 large onion (sliced)
⅛ tsp. pepper
2 sliced tomatoes

Drain the fish and unwrap it. Lay on a platter with a bed of washed lettuce. Pour sauce at the sides of the fish.

Mix together:

1½ cups mayonnaise dressing
2 hard cooked eggs (chopped)
4 green onion leaves finely cut
1 ripe tomato finely cut
1 sweet red pepper, roasted, peeled and chopped

Mayonnaise Dressing

2 egg yolks
2 cups salad oil
2 tsp. sugar
2 tbsp. lemon juice
2 tsp. salt
½ tsp. mustard

Mix dry ingredients to egg yolks in a bowl. Beat the egg and slowly add oil. Occasionally stop pouring the oil to give mixture a vigorous beating. When oil is nearly used, add lemon juice.

MENU No. XXI

BREAKFAST

Papaya
French toast
Cocoa

LUNCHEON

Beans with pig's feet
Beef and vegetable soup
Dessert — Fried saba
Fish in white sauce

DINNER

Eggs with misua
Pork tapa
Green salad
Dessert — Condol sweets

Submitted by:

Mrs. CARMEN V. MARIÑO

MARKET ORDER

Papaya
1 pig's leg (pata)
Banana saba
½ kilo beef with bones
Ham bone
Cabbage
Carrot
Potatoes
1 can pork and beans
1 chorizo de Bilbao
Tomatoes
Onion
Garlic
Talakitok or Apahap
Butter
Kinchay
Misua
Eggs
½ kilo pork (lean meat)
Toyo sauce
¼ kilo habichuelas
Shrimps
Vinegar

LUNCHEON

Beef and Vegetable Soup

½ kilo beef with bones
1 ham bone
¼ kilo cabbage
1 carrot
2 medium sized potatoes

Boil beef with ham bone in enough water to cover until tender. Add sliced cabbage, thin strips of carrots and quartered potatoes, and add salt to taste. Let boil until the added ingredients are cooked.

Beans with Pig's Feet

1 medium-sized pig's feet
1 chorizo de Bilbao
1 can pork & beans
1 can tomatoes
2 potatoes
½ onion, sliced
2 cloves garlic

Have the pig's foot boiled in 3 cups water till the meat is easily removed from the bones. Remove from fire and cut meat into small regular pieces. Saute in lard the garlic till golden brown and crush with back of spoon. Add the onions and let fry a bit. Add the tomatoes, and when boiling add the sliced chorizo (about 4 slices) and the quartered potatoes. When potatoes become tender add the sliced pig's feet (without the bones) and the pork and beans. Let boil for 5 minutes longer, and do not forget the salt, also add the stock from the pig's feet when adding the beans.

Fish in White Sauce

1 medium sized talakitok or apahap
1 tsp. lard
2 tbsp. butter
Kinchay, a few sprigs
½ onion, sliced thinly
1 small tomato
1 clove garlic

Clean fish, but leave whole. Place in "kawali", lard and saute garlic, onions, and tomato. Add a coffee cup of water. When this comes to a boil, add the fish and little salt to taste. Cover the kawali and lower flame to let simmer only, until fish is half done. Then add the butter and kinchay cut in short lengths. Continue to simmer until sauce thickens. If sauce is not thick enough, a little flour may be added.

DINNER

Eggs with Misua

Misua (about ₱0.15 worth)
4 eggs
½ onion sliced thinly (large)
2 cloves garlic
1 tbsp. lard

Place in sauce-pan the lard and fry garlic till golden brown. Crush with back of spoon and add the onions. Let fry moderately and add about three cups water. Let boil for two minutes, then add the misua, broken first into short two inch lengths. When done (after about 3 minutes) break in the eggs slowly and remove from fire. Let stand for two minutes before serving. If soup is too thick, warm water may be added before breaking in the eggs.

Pork Tapa

½ kilo pork thinly sliced about the size of the palm
4 cloves garlic, crushed
6 tbsp. vinegar
6 tbsp. toyo
½ tsp. salt

Place pork in a deep dish with the garlic, vinegar, toyo and salt. Let stand for several hours before frying a golden brown.

Green Salad

¼ kilo "habichuelas verdes"
2 hard-boiled eggs
2 boiled potatoes
Several small shrimps boiled and shelled
2 tbsp. vinegar
2 tbsp. salad oil
½ tsp. salt

Remove strings from the vegetable and boil in a little water with a little water with a little salt. When tender remove the water and slice into one inch pieces. Place in salad bowls and spread on top round slices (thin) of potatoes and eggs to form an attractive pattern. Lastly, scatter the shrimps on top. Mix vinegar, oil and salt together and pour evenly on salad. Place in refrigerator to chill a little bit.

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MENU No. XXII

BREAKFAST

Bananas
Oatmeal
Fried bacon
Fried chicken's egg
Coffee

LUNCHEON

Picadillo
Chinese meat balls
Fish fritters
Lettuce-tomato salad
Dessert — Suha-rind dessert

DINNER

Chicken-breast soup
Tenderloin rolls
Fish in toyo
Dessert — Pineapple fancy

Submitted by:

Mrs. LUCIA E. MAYOR

MARKET ORDER

Oatmeal
Bananas
Tomatoes
Ginger
Potatoes
Lettuce
Toyo sauce
Onion
Green onions
Egg
Cornstarch
Suha
Sugar
Salt
Coffee
Lard
2 chickens
Bacon
1½ kilo beef tenderloin
¼ kilo pork with fat
1 big bañgus
Shrimps
4 fish dalagang bukid
Prepared mayonnaise
3 sausages
Cucumber pickles
1 pineapple
4 bananas
1 avocado
1 red apple
Peanuts toasted
1 Nestle's cream

LUNCHEON

Picadillo

½ kilo soft cow's meat
Salt and pepper to taste
1 tbsp. lard
3 pieces garlic
1 onion (medium size)
Small slice of ginger
6 cups meat stock
3 potatoes
2 tbsp. toyo
bunch of lettuce
4 regular-sized ripe tomatoes

Grind ½ kilo of soft cow's meat. Season with salt and pepper to taste.

Saute in 1 tablespoon lard the following: 3 pieces pounded garlic, 1 medium sized onion cut in cubes, 4 regular-sized ripe tomatoes, a small slice of ginger. Then add the grounded meat. Cover the casserole; keep in low fire for 10 minutes stirring once in a while.

Add 6 cups meat stock and bring to boil. Then add three potatoes cut in thin long slices. When almost cooked, add 2 tbsp. toyo. Before removing from fire, drop in a bunch of lettuce cut an inch long.

Chinese Meat Balls

¼ kilo pork meat with little fat
1 saucerful of small shrimps
1 big onion
4 tomatoes
A stem of green onions
1 egg
3 tbsp. cornstarch
Salt and black pepper
Lard
Vinegar and garlic

Grind ¼ kilo pork meat with little fat. Then chop finely with a big kitchen knife. Wash thoroughly a saucerful of small shrimps. Remove the heads. Then chop the body.

Prepare in very small pieces: 1 big onion, 4 tomatoes, a stem of green onions. In a big bowl, mix all the above prepared ingredients: pork meat, onions, tomatoes and green onions. Add one egg, 3 tablespoon cornstarch, salt to taste and a dash of black pepper. Mix well and form into balls the size and shape of a tablespoon. Fry in deep, hot lard till golden brown.

Serve hot with vinegar spiced with salt, pepper and pounded garlic.

Fish Fritters

4 medium-sized dalagang bukid
1 egg
½ cup of water
6 tbsp. cornstarch
Lard and salt to taste
Mayonnaise

Prepare four medium-sized "dalagang bukid". Clean well, then remove the flesh from head to tail, (using a sharp knife) exclude the middle spine. Salt the fish flesh.

Beat 1 whole egg. Add ½ cup of water and 6 tablespoon cornstarch. Mix well. In this mixture, dip the fish meat one by one and fry in hot lard. Serve them crispy hot with mayonnaise.

Lettuce — Tomato Salad

2 bunches lettuce
4 tomatoes
½ onion
salted egg
½ cup cider vinegar
3 tbsp. brown sugar
1 tsp. salt
a pinch of pepper

Wash very clean two bunches of lettuce shred or cut very finely. Cut in regular sizes four tomatoes, ½ onion. Put atop the lettuce, also sliced salted egg.

Mix ½ cup cider vinegar, 3 tbsp. brown sugar, 1 teaspoon salt and a pinch of pepper.

Pour over above mixture to the salad and chill.

Suha — Rind Dessert

1 fresh suha
Salt
5 cups sugar
2 cups water

Remove the peeling of fresh suha cutting it wedge-shaped from top to bottom. With the aid of very sharp pocket knife, remove just a very thin layer of the rind. Then on a chopping board put plenty of salt. Rub the peeled surface of the rind until all the bitter taste is removed.

Wash well and allow to stand in water for an hour. Change the water and soak again. Repeat 3 times. After the third time, wring the suha peelings very well.

Boil 5 cups of sugar and 2 cups water till slightly thick. Put the suha peeling, and cook until syrup dries up. Be sure to stir regularly to avoid burning.

When cooked, cool well. Then put aside in airtight jars and keep in refrigerator.

DINNER

Chicken-Breast Soup

1 chicken breast
Chicken stock
White pepper
Green onions

Grind a chicken breast. Then chop to a fine paste. Put in a bowl, and gradually add boiling chicken stock, mashing the paste and mixing it well with each addition of broth. Continue adding the broth until the paste is dissolved in it. Then return into the casserole of chicken broth. Salt to taste. Add a dash of white pepper.

Before serving, sprinkle finely cut green onions on it.

Tenderloin Rolls

1 kilo tenderloin
Toyo
3 eggs
3 sausages
2 pieces of cucumber pickles

Cut a kilo of tenderloin into flat thin pieces. Wipe lightly with just a little toyo.

Separate the yolk and white of 3 eggs. Make a thin, flat omelet of the yolk; the white too. Then cut in thin long slices. Cut 3 sausages into four pieces lengthwise. In the same size, cut 2 pieces of cucumber pickles. Spread the tenderloin pieces and insert one piece each of the egg white, egg yolk, sausage and cucumber. Then roll. Fasten roll by means of a toothpick. Cook in a double boiler.

Before serving, cut rolls in an inch long.

Fish in Toyo

1 big-sized bañgus
½ cup toyo
½ cup water
1 tsp. salt
1 big onion
Small slice of ginger

Prepare a big sized bañgus sliced diagonally a centimeter wide from head to tail. Put in pan and add ½ cup toyo, ½ cup water, 1 tsp. salt, 1 big onion cut in big pieces and small slice of ginger. Boil until done.

Pineapple Fancy

1 medium-sized pineapple
4 bananas
1 avocado
1 red apple
2 tbsp. peanuts (grounded)
1 small can Nestle's cream
6 tbsp. sugar

Peel a medium sized pineapple. Cut in half crosswise. With the aid of a knife, scoop the inside of the pineapple leaving two bowl-like fancy basket of pineapple. Cut the scooped part into tiny cubes. Add 4 circularly sliced bananas, 1 diced avocado, 1 red apple cut in tiny cubes (peelings on) and 2 tbsp. ground peanuts. Add 1 small Nestle's cream and 6 tbsp sugar. Put inside the basket-like pineapple and chill.

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MENU No. XXIII

BREAKFAST

Grape fruit
Soft boiled eggs
Milk
Borden's cheese
Pan de sal & butter

LUNCHEON

Relleno bañgus
Pate Fricassee
Chicken gizzard soup
Cabbage salad
Dessert — Squash dessert

DINNER

Misua soup
Meat with tomato sauce
Salmon Croquettes
Dessert — Libby's fruit cocktail salad with cream

Submitted by:

MRS. LUCIA E. MAYOR

MARKET ORDER

Eggs
Cheese
Grape fruit
1 package raisin
Cabbage
Milk
Sugar
Tomato sauce
Biscocho crumbs
Mee-Soo powder
Cornstarch
Ginger
Onion
Potatoes
1 green pepper
1 stalk celery
1 ripe squash
3 knots misua
Green onions
1 can tomato puree
1 can pink salmon
1 can Libby's fruit cocktail
10 bananas
1 big avocado
1 can Nestle's cream (small size)
1 pig's leg (pata)
4 chickens
1 big sized bañgus
½ kilo tenderloin

LUNCHEON

Chicken Gizzard Soup

4 chicken gizzard, together with liver, heart & blood
2 tbsp. margarine butter
4 pieces garlic (pounded)
1 onion
Ginger (thin slice)
Salt to taste
White pepper
1 tbsp. Mee-Soo powder

Boil four chicken grizzards together with the liver, heart and blood. When tender, slice in thin long slices.

In 2 tbsp. margarine butter, saute four pieces of pounded garlic and one whole onion cut in pieces, and a thin slice of ginger. Then add the prepared chicken organs. Stir and allow on the fire for a while. Then add 6 cupsful of chicken stock. Bring to a boil and season with salt to taste, a dash of white pepper and one tablespoonful of Mee-Soo powder.

Pate Fricassee

1 big pig's leg
Biscocho crumbs
1 egg
2 tbsp. cornstarch
Lard

Clean thoroughly one big pig's leg. Remove nails. Boil in water till half tender. Then remove from the stock. (Reserve stock for use in the soup for supper.)

Cut in circular pieces an inch thick. Roll in fine biscocho crumbs. Then dip in one beaten egg with 2 tbsp. cornstarch. Fry to a golden brown in deep fat lard.

Serve hot with the cabbage salad (described below).

Relleno Bañgus

1 big-sized bañgus
Salt & pepper to taste
Fine slice of ginger
1 onion (cut into tiny cubes)
2 regular sized tomatoes
1 potato
2 tbsp. raisin
1 egg

Remove scales of a big-sized bañgus taking care not to destroy the skin. Rinse well. Using the back of a big kitchen knife, beat the bañgus thoroughly on both sides from head to tail until you are sure the fish meat has loosened from its skin. Carefully put the fish inside out, by way of the neck and remove all the meat. Then clear of all spines. To the meat add a little salt, pepper and a fine slice of ginger.

Prepare in very cubes one onion, 2 regular sized tomatoes, 1 potato. Mix all these ingredients with the prepared fish meat and add 2 tbsp. raisin (if desired). Add one egg and mix well.

Dash the empty fish skin with a little salt and pepper. Stock the relleno inside with the aid of a spoon until the fish regains its normal size.

Fry in deep hot lard until golden brown. Serve hot with crisp lettuce and sliced tomatoes.

Cabbage Salad

1 regular sized cabbage
1 green pepper
1 red pepper
1 stalk of celery
½ cup cider vinegar
½ tsp. salt
1 tbsp. sugar
Black pepper
1 tbsp. oil

Cut a regular sized cabbage into the finest long slices you can possibly make. When through, wash well and drain. Then put in a tray and keep in the refrigerator, while you prepare the following:

Cut in long slices and blanch 1 green pepper, 1 red pepper, and one stalk of celery. Drain.

Put them all atop the sliced cabbage. Serve them crisp with separate dressing of: ½ cup cider vinegar, ½ tsp. salt, 1 tbsp. sugar, a dash of black pepper, and 1 tbsp. oil.

Squash Dessert

1 small-sized squash (sticky in texture)
2 cups sugar
1 cup water

Choose a small sized squash that is sticky in texture. Peel and be sure you remove a thin peeling. Then cut in cubes an inch square. Prepare syrup of 2 cups sugar, 1 cup water, 1 calamansi rind (chopped). Bring syrup to a boil. When the rind is done and smells, drop in your squash. Keep in the refrigerator. Serve very cold with a little evaporated milk on top.

DINNER

Misua Soup

2 tbsp. margarine butter
3 pieces of garlic
1 whole onion
3 cups pork stock
3 cups chicken broth
Salt and pepper
3 knots of misua
2 eggs
Green onions

Saute in 2 tbsp. margarine butter 3 pieces of pounded garlic and one whole onion cut in pieces. Then add 3 cups of pork stock (used in Luncheon) and 3 cups chicken broth. Season to taste with salt and pepper.

Then add 3 knots of misua cut in shorter lengths. When almost done, poach in 2 eggs and sprinkle finely cut green onions on top.

In serving, take care not to smash the eggs. Put them atop your soup bowl. Serve piping hot.

Meat with Tomato Sauce

½ kilo tenderloin
2 tbsp. lard
3 pieces garlic
1 can of tomato puree
1 tsp. salt
½ cup water
1 onion

Cut ½ kilo of tenderloin in flat thin pieces. In 2 tbsp. (heapful) of lard, saute 3 pieces pounded garlic and one whole onion cut in big squares. Pour in a can of tomato puree. Add a tsp. salt. Bring to a boil and add the meat. Add ½ cup water. Cover well and cook in low fire until done (very tender) stirring occasionally.

Salmon Croquettes

1 can pink salmon
2 onions
1 egg
4 to 6 tbsp. biscocho crumbs
Lard or margarine butter
Mayonnaise

Open a can of pink salmon. Drain and remove the spines. To the salmon, add 1 onion, 2 potatoes, all cut in tiniest cubes. Then add one egg, 4 to 6 tbsp. pounded biscocho crumbs. Form into croquettes and fry in lard or margarine butter. Serve with mayonnaise with plenty of finely chopped onions on top.

Fruit Cocktail Salad With Cream

1 can of Libby's fruit cocktail
10 bananas
1 big avocado
1 small can of Nestle's cream
4 tbsp. sugar

Open a can of Libby's fruit cocktail. Drain the juice. To these, add 10 bananas sliced circularly, and 1 big avocado cut in cubes. Add a small can of Nestle's cream and 4 tablespoons sugar (6 tablespoons if desired sweet). Freeze.

MENU No. XXIV

BREAKFAST

Fruits
Milk & Coffee
Bibinca de cassava

LUNCHEON

Papaya Lumpia
Bia with coconut milk
Dessert — Buko delight

DINNER

Carne a la Galantina
Salmon patties
Vegetable salad
Dessert — Coco honey & bananas

Submitted by:

Mrs. AMPARO L. DE OCAMPO

MARKET ORDER

Cassava tubers
Coconut
Eggs
Butter
Green papaya
Garlic
50 lumpia wrappers
Camote
Toyo sauce
Cornstarch
Calamansi
2 green coconuts
5 green corn
2 kilos pork
Bia fish
Vanilla extract
1 can spam
Tomatoes
Kinchay
Native onions
1 canned salmon
Potatoes
Carrots
Cabbage
String beans
Canned peas
Apples
Shrimps
1½ kilos beef
¼ kilo shrimp

BREAKFAST

Bibinca de Cassava

1 cup grated fresh cassava
½ cup shredded buco
1½ cups coco-milk (thick)
1 cup sugar
2 eggs
3 tbsp. melted butter
4 tbsp. grated cheese or 3 pcs. white cheese

Beat eggs. Add sugar, melted butter, buco coco-milk and cassava. Pour on a line (Banana leaf) tin. Bake in hot oven. Brush top with egg yolk and sprinkle with these and sugar. Return to oven until done.

LUNCHEON

Papaya Lumpia

3 cups green papaya, shredded to long pieces
1/3 cup pork sliced to small pieces
¼ cup shrimps
2 segments garlic
50 lumpia wrappers
½ cup raw camote, cut into cubes
2 tbsp. onion, sliced
2 tbsp. lard
¼ broth of shrimps extract

Saute garlic in 2 tablespoon lard. Add onions, pork and shrimps and continue sauteing until done. Stir in the shrimp extract. Add papaya and camote and cook until papaya is tender. Add sauce and mix well. Wrap in lumpia wrappers.

This is served with sauce made from the following ingredients:

Bia with Coconut Milk

1½ cups water
12 tsp. cornstarch
12 tsp. sugar
2 cups toyo
½ cup sauce

Clean the bia. Boil it slowly for about 15 minutes in 1 cup of coconut milk, ½ tbsp. salt and the juice of 5 calamansi.

Lay the fish on the platter and pour over it the gravy made from the stock in which it was cooked with 1 tbsp. of flour added and boiled until thick.

Buko Delight

½ cup buko
¼ cup green corn, chopped fine
½ cup sugar
½ cup water
3 drops vanilla extract

Boil corn with water until tender. Add sugar and buko. Continue boiling until it reaches the consistency of a jam. Add vanilla just before removing from fire. Pour mixture in a mold. Freeze before serving.

DINNER

Carne a la Galantina

1½ kilos beef
1½ kilos pork
5 eggs (whole raw)
1 can spam
½ can tomatoes
2 small boxes raisins (cut fine)
Salt and pepper to taste
2 tbsp. native kinchay (cut fine)
2 tbsp. native onions (cut fine)
8 cloves garlic (well pounded)
½ lb. butter

Grind the meat fine. Chop the raisins. Mix well all ingredients except half of the bread crumbs. Form into oblong round like sausage and roll in the remaining bread crumbs.. Have ready two pieces of cheese cloth. Wrap separately each and roll it tight so as to keep the form. Pour half a cup of broth and steam until well cooked. When cold chill in the refrigerator and slice thin before serving.

Salmon Patties

1 tin salmon
1½ cups mashed potatoes
¼ cup onion minced
¼ tsp. salt
⅛ tsp. pepper
¼ cup lard

Blend salmon, potatoes, onion, salt, and pepper and mix well. Form into 3 inch patties about ½ inch thick. Dip in flour and fry in hot lard in skillet about five minutes on each side or until golden.

Vegetable Salad

½ cup boiled carrots (sliced thin)
1 cup shredded cabbage (boiled)
½ cup boiled string beans
½ cup canned peas
1 cup shrimp meat (boiled and cut into small pieces)
2 apples (cut to small pieces)
2 tomatoes (cut into small pieces)
¼ cup sweet pickles (chopped)
2 potatoes (boiled & cut into cubes)
6 eggs (hard boiled)
3 tbsp. sweet pickles liquid

Remove white of hard boiled eggs and cut into small pieces. Mix all together except the yolks of hard boiled eggs. Make mayonnaise by pressing yolks of eggs thru a sieve, add salad oil little by little until it gets thick. Add salt and one tablespoon lime juice.

Add to above mixture and place in icebox.

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MENU No. XXV

BREAKFAST

Papaya
Oatmeal
Leftover vegetable omelet
Rolls and Jelly
Cottage Cheese
Coffee or chocolate

LUNCHEON

Broiled dalag with calamansi
Laksa
Gallina con sotanghon
Water crest salad

Dessert — Old bread pudding

DINNER

Fish Balls (Bañgus)
Adobo con papaya verde
Ensalada Batanguefia
Dessert — Bukayo

Submitted by:

Mrs. ROSARIO K. ROXAS

MARKET ORDER

Jelly
Oatmeal
Cottage cheese
Sotanghon
Patis
Mushrooms
Greek onions
Squash
Seguidillas
Batao
Sitao
Kangkong
Tomatoes
Onions
Calamansi
Water crest
Vinegar
Bread for bread pudding
Milk
Eggs
Butter
Raisins
Vanilla Extract
Atsuete seeds
2 chickens
¼ kilo shrimp
Dalag
½ kilo pork
Coconut
Green Papaya (small size)
1 bañgus
Kinchay
Green onions
Flour
6 radishes
6 Batangas oranges

LUNCHEON

Gallina con Sotanghon

1 chicken (inahin)
1 onion
2 pieces garlic
2 tbsp. lard
1 tbsp. good patis
½ cup diced native mushrooms
1 small bunch green onions
¼ kilo sotanghon

Salt and pepper to taste

Boil the chicken until tender. Add enough water to be used when the sotanghon is added. Remove all the bones from the boiled chicken and cut into small pieces.

Saute the garlic, add the onions and cook until it is brown. Then add the finely cut chicken and patis. Simmer for a few minutes. Add the chicken broth and boil. Then add the sotanghon cut into short pieces. Add the mushroom which has been soaked in water. Add pepper and salt to taste and the green onions.

Laksa

¼ kilo shrimps
3 eggplants
2 pieces of squash
2 pieces seguidillas
¼ cup lard
2 tbsp. toyo
10 pieces batao
1 small bunch sitao
1 cup kangkong
1 small bunch sotanghon
1 onion
½ cup water

Shell the shrimps and cut them fine. Prepare all the vegetables and cut about one inch long.

Put lard on a pan. When hot, add the onion and cook till brown. Add the shrimps and cook for a few minutes. Then add all the vegetables and cover. Keep cover until they are half done. Then add the toyo and cover again. Very little water is needed as the vegetables have plenty of water already. Add the sotanghon and cook till the sotanghon and vegetables are well cooked.

Broiled Dalag with Calamansi

A good size dalag
1 onion
2 tomatoes
10 calamansi

Clean the inside of the dalag but do not take the scales. Only wash it many times. Chop the tomatoes and onions and insert these at the stomach and broil the dalag until well cooked.

Put some water in a bowl and add all the juice of the calamansi, and then drop the hot broiled dalag and serve.

Water Crest Salad

2 bunches of water crest, select the young leaves
½ cup vinegar

Wash the leaves well and soak them in water. Drain and add vinegar and salt.

Old Bread Pudding

(Soak in water the leftover bread.)

1 cup milk
2 eggs
1 cup sugar (white)
1 package raisins (small)
1 tsp. butter
½ tsp. vanilla or lemon extract

Caramelize about 1 tbsp. sugar into the pan where you will cook the pudding. Then mix the old bread which has been softened with milk, sugar, eggs, raisins and the extract. Put in the pan. Add the butter on top and steam for one hour.

DINNER

Adobo con Papaya Verde

1 regular size chicken
½ kilo pork
2 heads of garlic
2 cups of vinegar
4 pieces of corn pepper
Achuete enough to give the coloring
1 cup of thick coconut milk
1 green papaya small size

Prepare the chicken and pork as you prepare the adobo. Add the well pounded garlic, the vinegar and salt. Add the corn pepper and achuete. Boil until the meat is a little soft. But not too soft. Then pare the papaya and cut into 1 inch thick. Add to the chicken and pork. Cover and cook until the papaya is soft. Then add the coconut milk and cook for a few seconds. Serve. Don't let this dish get very dry. Always leave some sauce.

Fish Balls (Bañgus)

1 bañgus regular size
1 small onion
2 pieces garlic
1 small bunch of kinchay
2 tbsp. lard
1 small bunch of young onion leaves
3 cups of water
1 tbsp. flour
1 egg

Bone the bañgus and chop fine together with the onion. Mix the chopped bañgus and onion, egg and flour well, add the salt and one egg. Then make them into small balls. Heat the lard in a pan, add the garlic then pour the water. When the water begins to boil, drop the balls and boil for a few minutes till the fish is cooked. Then add the chopped onion leaves and kinchay, salt to taste and serve.

Ensalada Batangueña

6 pieces of native radishes
6 Batangas oranges (ripe ones)
a little salt
2 tbsp. vinegar (if desired)
2 tbsp. sugar

Pare the radishes and cut thin crosswise, the thinner the better. Squeeze with salt. Squeeze until all the water is out, then wash and squeeze again until no water is coming out.

Put on a bowl while you are preparing the oranges.

Select good sized and ripe Batangas oranges. Peel and take the pulp. Cut into pieces and mix with the radishes. If one likes it a little sour, add the vinegar, little salt and sugar to taste. Onions can be omitted if desired.

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MENU No. XXVI

BREAKFAST

Suman
Cheese or butter

Chocolate
Eggs

Rolls

LUNCHEON

Bañgus Relleno
Tinola manok

Ampalaya
Dessert — Macapuno

DINNER

Pinacbet
Adobo con ampalaya

Ensalada caturay
Dessert — Saba

Submitted by:

Mrs. TERESA VILLAR SALAZAR

MARKET ORDER

Suman
Cheese
Butter
Chocolate
Eggs
Ampalaya
Macapuno
Onion
Garlic
Tomato
Potato
Raisins

Upo
Ginger
Sotanghon
Sugar
Eggplant
Bagoong alamang
Vinegar
½ kilo caturay
10 tinapa
1 bañgus
1 chicken
1½ kilos pork

LUNCHEON

Bañgus Relleno

1 regular size bañgus
1 egg
1 small size onion

2 pieces garlic
2 regular size tomatoes
1 regular size potato

¼ cup raisins

Soften the bañgus by beating slightly before removing the scales. After this, open the bañgus at the back. Then remove the gills and the internal organs. After it is cleaned, remove the flesh being careful that the skin will not break. To remove the spines in the flesh boil the removed ones for about two minutes. The skin is not boiled but soaked in toyo until all

of the ingredients are ready. Pare the potato and slice into cubes; also the hard boiled egg, onion, tomatoes and garlic.

Fry the sliced potatoes. Then remove. Brown the garlic in the lard. Add the sliced onion and tomatoes; then the cleaned flesh of the bañgus, raisins and potatoes with salt added to taste until cooked for about 5 minutes. Remove the frying pan. Add the sliced hard boiled egg. When all are mixed place them inside the soaked skin of the bañgus. This is refilling the empty skin with the complete mixture of the ingredients and the flesh of the bañgus. After it is filled up, sew the opened back so that it will look as it was at first. Then fry the whole bañgus until brownish red. Then prepare it to be served.

Tinolang Manok

1 chicken (dumalaga if desired)
½ kilo upo
1 onion
2 pieces of garlic
2 tbsp. slice ginger
4 tbsp. lard

Dress the chicken. Slice the upo, onion, ginger and garlic. When all are ready, prepare the frying pan. Place the lard and brown the garlic. Then add the sliced ginger and onions. When cooked, drop the chopped chicken adding patis to taste at the same time. When it is about to be cooked, add the upo. A minute after, add water until cooked. Then serve.

Ampalaya

½ kilo ampalaya
¼ kilo shrimps
¼ kilo pork
¼ kilo sotanghon
1 onion (sliced)
2 pieces of garlic
2 to 3 tbsp. lard
4 regular sized tomatoes (cut into small pieces).

Divide the ampalaya and remove the seeds. Slice them into pieces. Peel the shrimps. Cut them into small pieces. Slice the pork into small pieces. Soak the sotanghon in water and when soft cut it into two inches long. Saute the onions, garlic, and tomatoes in the frying pan. Then drop the pork followed by the shrimps. When soft add the sotanghon and after a few minutes, drop the sliced ampalaya followed by the adding of water and enough patis to taste. Boil all this together until cooked.

Macapuno

½ kilo white sugar **1 macapuno**

Divide the macapuno. Grate it with the macapuno grater. In the saucepan, place water, add the sugar and allow it to boil forming the syrup. Then add the macapuno and stir until cooked.

DINNER

Pinacbet

8 eggplants
½ kilo ampalaya
½ kilo pork
½ cup bagoong (alamang)
6 regular tomatoes
1 tbsp. chopped ginger

Chop the pork into small pieces. Prepare the eggplants and ampalaya by dividing them into four parts. Slice the tomatoes, prepare the saucepan

Put water and add the pork, the tomatoes, garlic and the bagoong (alamang). When boiled and the pork is already soft, add the ampalaya and eggplants until cooked.

Adobo con Ampalaya

1 kilo pork
½ kilo ampalaya
½ cup bagoong (alamang)
1 head garlic
Vinegar

Chop the pork. Prepare the ampalaya and slice into halves. Peel the garlic. Place the pork in frying pan with water, vinegar and garlic to be boiled. When the pork is almost done, drop the ampalaya. As soon as the ampalaya is about to be cooked add the bagoong (alamang).

Ensalada Caturay

½ kilo caturay
10 regular size of tinapa
5 regular size of tomatoes
Vinegar if desired
Salt and sugar to taste

Prepare the caturay by removing the stalks. Clean the tinapa and divide them into pieces. Slice tomatoes. Boil the caturay and when cooked remove it to be rinsed with cool water. Immediately place on the platter. Season with vinegar, sugar, tomatoes and on top of it, spread the tinapa flaked into pieces. Then served.

MENU No. XXVII

BREAKFAST

Sinañgag and pan de sal
Scrambled eggs
Longaniza
Chocolate

LUNCHEON

Clam chowder
Chop suey
Rice
Fruit salad (nepa style)

DINNER

Pecadillo
Escabeche Macao
Rice
Dessert — Meringue

Submitted:

Mrs. DIEGO SEVILLA

MARKET ORDER

2 cups clams
Potatoes
Crackers
Tomatoes
Garlic
Lard
Cabbage
Mushrooms
1 celery head
2 young coconut
Eggs
2 camotes
12 bananas (saba)
6 calamansi
2 chicos
Red pepper
½ kilo ground meat (pork)
¼ kilo ground meat (beef)
Fish for escabeche (what you desire)

LUNCHEON

Clam Chowder

2 cups clams
4 diced potatoes
1 sliced onion
8 tbsp. lard
1 tsp. salt
A pinch of pepper
4 cups milk
8 crackers

Pick the meat of clams out their shells. Melt lard in pan add onion and fry, 10 minutes. Add potatoes and enough water to cover. Cook until potatoes are tender then pour milk and season with pepper and salt. When mixture is boiling, add the clams and lastly the crackers.

Chop Suey

½ kilo lean pork cut into pieces
1 celery head, cut crosswise very thin
1 sliced onion
1 small cabbage shredded
1½ tsp. salt
1 cup mushrooms
2 tbsp. toyo

Cover the bottom of the frying pan with lard, adding the salt. When lard is hot, add the pork and saute for 10 minutes. Add all the other ingredients in the order given and cook for 15 minutes. Thicken slightly with cornstarch.

Fruit Salad (NEPA style)

2 young coconuts
4 eggs
2 boiled camotes
12 boiled bananas (saba)
2 tsp. calamansi juice
2 chicos
1 cup milk
3 tbsp. sugar

Peel and cut into desired pieces the fruits and mix them. Add the calamansi juice to prevent discoloration of fruits. Shred the buko mixing ½ with the fruits.

Beat the eggs, adding the milk and sugar. Cook until thick. Cool and then add to the fruits mixing it well. Place mixture in a platter and garnish the top with the remaining buko. Place in ice box and serve cold.

DINNER

Pecadillo

2 cups potatoes
1 cup ground meat
1 medium sized onion sliced
1 medium sized tomato sliced
3 segments of garlic
2 tbsp. lard
3 cups rice water

Heat the lard in pan and then add the garlic. When brown add the onion and after the tomatoes. Saute for 5 minutes. Add the meat and when half-cooked add the potatoes. Cook for 15 minutes and then add the rice water. Season with salt and remove from fire when boiling.

Escabeche Macao

1 medium sized fish
1 large onion
2 segments of garlic sliced
1 large red pepper cut into long strips
4 tbsp. sugar
3 tbsp. toyo
2 potatoes cut into strips
2 tbsp. flour
2 cups water
4 tbsp. vinegar

Fry the fish and set aside. Fry the garlic, onion, and sweet pepper. Make a medium thick gravy from the mixture of water, vinegar, toyo and flour. Add the fried garlic, onion, sweet pepper. Boil 5 minutes. Place the fish on a platter, pour the gravy over it, and garnish with fried crisp potatoes.

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MENU No. XXVIII

BREAKFAST

Oatmeal with cream & sugar — Butter
Potato omelet — Coffee or chocolate
Pan de sal

LUNCHEON

Sinigang talakitok — Cucumber salad (French Dressing)
Sarsiado pork's tongue — Dessert — Chicos

DINNER

Stuffed bañgus — Camote tops salad
Fried meat — Dessert — Atis

Submitted by:

Mrs. SOCORRO P. VILLA

MARKET ORDER

Papaya
Oatmeal
Cream
Sugar
Cucumber
Onions
Garlic
Potatoes
Eggs
Calamansi
Sigadillas
String beans
Eggplant
Camote tops
1 medium size fish talakitok
1 big pork's tongue
1 big bañgus
¼ kilo prima corta

BREAKFAST

Potato Omelet

4 medium size potatoes — 3 chicken eggs
Lard for frying

Pare the potatoes and soak in salt water; cut in cubes or strips. Wash and drain.

Put enough fat in the carajay for frying the potatoes When hot enough, put the potatoes and fry till done, but not brown.

Beat the eggs; add a little salt. Remove potatoes from the fat. Pour the egg mixture and add the potatoes. When done, turn on half and fry the other side till done. Serve hot.

LUNCHEON

Sinigang Talakitok

1 medium size talakitok
5 medium size tomatoes
3 calamansi or juice of tamarind
Vegetables desired to be combined, (sigadillas, string beans, eggplant, etc.)
Salt for seasoning

Clean fish very well. Boil in about 1½ cup rice water the tomatoes, salt and juice of the calamansi. Then add the fish and vegetables and boil until cook. Add enough rice water for the broth. Season to taste.

Sarsiado Pork's Tongue

1 big tongue
5 big tomatoes
1 medium size onion
2 cloves garlic

Clean the tongue. Then boil for 15 minutes in a small amount of water and a little salt. Remove from the water then slice in sizes desired preferably rounds.

Chop the tomatoes and onions separately. Pound the garlic.

Saute the garlic, onion and tomatoes. Then add the tongue and simmer till done. Season with pepper and salt. Tomato sauce may be used instead of fresh tomatoes.

Cucumber Salad

Pare the cucumber and wash. Slice thin and arrange on plate. Combine enough vinegar, salt, pepper and enough sugar in a cup and stir to blend well. (This mixture must have a sweet sour taste.) Then pour over sliced cucumber before serving.

DINNER

Stuffed Bañgus

1 big bañgus
1 medium size onion
½ can tomato
½ cup peas
2 cloves garlic
1 box raisin (small)
Pepper and salt for seasoning

Clean the bañgus. Remove scales and wash well. Cut a long slit lengthwise along the back and remove the flesh close to the skin. When all the flesh and big fins have been removed, wash the skin and soak in salt and toyo. Boil the bañgus flesh in salt water for 3 minutes. Cook and flake removing all fins. Chop onion and crush the garlic.

Saute the garlic, onion and bañgus flesh. Season with salt, pepper, and about 5 tbsp. tomato sauce. Add raisin and peas. Remove from fire. Stuff this mixture into the bañgus. Sew the opening and fry the bañgus. Serve with tomato sauce or catsup.

Fried Meat

Select the tender cut (pierna corta or lomo). Slice into ½ inch thick and soak in toyo and calamansi juice. Let it stay for about half an hour. Fry in hot fat and serve hot.

Camote Top Salad

Wash the camote tops well. Boil a little water in a saucepan. Then when water boils, add the camote tops and cover. Let boil for about 5 minutes. Remove from the saucepan and drain. Season with calamansi juice and salt.

MENU No. XXIX

BREAKFAST

Papaya with calamansi
Pinipig calamay with palabok and latik
Chocolate

LUNCHEON

Halaan soup
Fried chicken
Tomato salad
Dessert — Camias sweet

DINNER

Rabioles
Shrimp balls
Vegetable salad
Dessert — Ube Jam

Submitted by:

Mrs. ENCARNACION G. DE VILLANUEVA

MARKET ORDER

Papaya
Ham
Flour
Shortening
2 sugar beets
¼ kilo beans
1 can peas
1 can asparagus
Lettuce leaves
Radishes
Pinipig
Anis seeds
2 coconuts
Calamansi
½ kilo ube
Tomatoes
40 camias (fresh)
1 chicken
½ kilo shrimp
Halaan

BREAKFAST

Pinipig Calamay

1½ cups pinipig
2½ cups coconut milk
¾ cup sugar
Pinch of salt
¼ tsp. anis seeds

Mix all above ingredients and cook over slow fire stirring constantly until thick. When oil comes out and mixture no longer sticks in the pan, pour on a platter and spread evenly pressing with the back of a spoon. When cool cut into squares. Sprinkle toasted "Palabok" sugar and "Latik" on top.

LUNCHEON

Halaan Soup

3 tbsp. grated carrots
½ cup chopped halaan
1 tbsp. chopped ham
4 tbsp. singcamas (cut into cubes)
1 egg
½ medium sized onion, sliced
2 cups clam soup
½ cup milk
2 tbsp. salt
Pepper to taste

Fry the onion until partially cooked. Add the clams, ham, clam stock and milk with the beaten egg. Boil for a few minutes. Add carrot and singcamas. Cook until the vegetables are tender.

Fried Chicken

1 spring chicken cut in serving pieces
¼ cup water
2 tbsp. flour
½ tsp. salt
⅛ tsp. pepper
½ tsp. paprika
2 tbsp. cream
1½ cups boiling water

Mix flour with all seasonings. Roll pieces of chicken in it and fry on both sides until brown. On a separate pan heat 2 tablespoon of lard. Add one tablespoon of flour and stir until brown. Add boiling water and fried chicken and let it simmer until chicken is tender. Add cream before serving.

Tomato Salad

6 tomatoes
½ cup diced cucumber
½ cup diced celery
¾ cup chopped nuts
2 tbsp. mayonnaise

Scald tomatoes, remove skins, scoop out seeds and chill. Just before serving, mix other ingredients together, fill tomatoes and serve garnished with mayonnaise and chopped nuts.

DESSERT:

Camias Sweet

40 freshly picked green camias
2 cups sugar

Roll gently each camias with a rolling pin, so as to squeeze the juice, taking care not to break the skin. Drop them in cold water. Change water as often as possible. Soak camias between fingers to remove extra water. Put camias in a pan, add sugar and cook until syrup becomes thick.

DINNER

Rabioles

Filling:

½ cup chicken meat (boiled and chopped)
2 cloves garlic (pounded)
1 tablespoon onion chopped
2 tablespoon cooked ham (chopped)
2 tablespoon mashed peas
2 tablespoon milk
2 tablespoon soy sauce
2 egg yolks

Saute garlic, onions, and add chopped chicken meat and ham. Add soy sauce, milk, peas and egg yolks.

Pastry:

1 cup flour
2 egg yolks
2 tablespoon shortening
Salt to taste
2 tablespoon cold water

Make small empanaditas using the above filling. Have ready 6 cups of thick broth, add half tablespoon of grated cheese. When ready to serve drop empanaditas on boiling broth. Serve at once.

Shrimp Balls

1 cup chopped shrimp meat
1 cup chopped pork meat
1 egg
Salt and pepper to taste
1 calamansi juice

Mix all and form into balls. Fry in deep hot fat. Serve while hot.

Vegetable Salad

2 beets (boiled)
½ cup boiled beans
½ cup canned peas
½ cup mayonnaise
10 lettuce leaves
2 radishes (sliced)
½ cup asparagus tips

Arrange different vegetables in color groups on lettuce leaves and garnish with mayonnaise on top.

DESSERT:

Ube Jam

1 cup strained boiled ube
1 cup milk
2/3 cup sugar
1 tablespoon butter

Mix all ingredients and cook over slow fire stirring constantly. When thick add butter and beat briskly.

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MENU No. XXX

BREAKFAST

Sliced oranges
Sausage

Scrambled eggs
Toasted bread

Coffee and milk

LUNCHEON

Vegetable soup
Fish salad

Fried meat
Dessert — Young coconut sweet

DINNER

Bañgus loaf
Liver patties

Egg salad
Dessert — Fried banana with sugar

Submitted by:

Mrs. MARIQUITA G. ZABLAN

MARKET ORDER

Oranges
Eggs
Sausage
Coffee
Milk
Celery
String beans
Peas

Onions
Bread
Mayonnaise
Potatoes
2 young coconuts
Tomatoes
Butter
1 bañgus

½ kilo beef

LUNCHEON

Vegetable Soup

Celery, string-beans, peas
1 onion
1 tbsp. lard

Meat stock
Salt to taste
Pepper

Croutons

Dice equal amount of celery, string-beans and peas. Slice one onion and brown it in one tablespoon of lard for five minutes. Stir occasionally to prevent scorching. Pour in meat stock which has been previously clarified. Let it simmer until vegetables are cooked. Season with salt and a pinch of pepper. Serve with croutons.

Fish Salad

2 cups of cooked and flaked bañgus
1 cup celery

2 chopped hard boiled eggs
Mayonnaise

Mix two cups of cooked and flaked bañgus, one cup celery, and 2 chopped hard boiled eggs. Moisten with mayonnaise.

Fried Meat

½ kilo meat **Lard and salt**
Onions and potatoes

Slice ½ kilo tender meat into desired size. Season it with salt. Place the slices or meat in a frying pan with hot lard. Turn when brown. Serve it with fried onions and fried potatoes.

Young Coconut Sweet

2 young coconuts **Sugar**
Water (as to quantity, see recipe)

Cut two young coconuts. Do not use the coconut water any more. Scrape the coconut with the scraper. Measure the scraped coconut and sugar. Use the one to one measurement which means 1 cup coconut to 1 cup sugar. To one cup sugar, put ½ cup water only. Boil the syrup until a little bit thick and then put the coconut. Cook until done.

DINNER

Bañgus Loaf

A 3 lb. bañgus **½ cup of chopped tomatoes**
1 tbsp. lard **Butter**
Mayonnaise dressing

Clean and boil in salt and water a 3 lb. bañgus. Flake it. Then put in 1 tbsp. lard in a pan and when heated pour in ½ cup of chopped tomatoes. Let it stay in a slow fire for five minutes, stirring it. Mix this in the fish. Grease a mold. Pour in the cooked bañgus, sprinkle with little pieces of butter. Brown it and then place it in a platter. Serve mayonnaise dressing.

Liver Patties

Lean meat of pork and liver **½ cup bread crumbs**
Salt to taste **2 unbeaten eggs**
A pinch of pepper **1 tbsp. lemon juice**
Butter

Chop fine lean meat of pork and liver. Salt to taste and add a pinch of pepper, ½ cup bread crumbs and two unbeaten eggs. Blend well. Grease a mold and pour the mixture in. Sprinkle with bread crumbs, dot with little pieces of butter and 1 tbsp. of lemon juice. Baked until nicely brown.

Egg Salad

Hard boiled eggs **Sardines**
French dressing **Lemon juice**
Salt and pepper to taste

Chop white of hard boiled eggs, marinate with French dressing and nice yolk on top of it.

Hallow hard boiled egg. Mix yolk with sardines free from scales and bones. Season with lemon juice, salt and pepper to taste. Replace in egg white and top with mayonnaise.

MENU No. XXXI

BREAKFAST

Papaya
Oatmeal
Bread and butter
Fried eggs — fried bacon
Milk and coffee

LUNCHEON

Corn soup
Rice
Pi-Quat
Amargoso salad
Dessert — Banana jam

DINNER

Chicken soup
Rice
Pansit guisado
Banana peanut salad
Dessert — Refrigerator cake

Submitted by:

Mrs. NESTORA L. BENETUA

MARKET ORDER

Papaya
Oatmeal
Bread
Butter
Eggs
Bacon
½ kilo amargoso
Sugar
1 kilo miqui
Toyo
Cornstarch
Flour
1 dozen eggs
Salt
Vinegar
1 kilo tomatoes
1 can Nestle's cream
Milk
Coffee
1 can sweet corn (1 pt.)
1 kilo pork
2 kilos shrimps
¼ kilo sliced Chinese ham
1 bunch saba bananas (ripe)
1 can peanut
1 chicken
1 kilo lettuce
½ kilo cabbage
Garlic
Onion
Lemon
Mayonnaise dressing
1 can (No. 2½) peaches
1 doz. lady fingers

Corn Soup

2 cups canned corn
2 cups boiling water
2 cups milk
1 sliced onion
2 tbsp. lard
2 tbsp. flour
Salt
Pepper

To canned corn add water, milk, and onion and cook twenty minutes in top of double boiler. Rub thru sieve. Bind.

Pi—Quat

½ kilo pork
1 tbsp. camote powder or cornstarch
2 tbsp. toyo
1 egg
Salt to taste

Beat the egg, fold in the camote powder, and add salt and toyo. Mix well. Cut the pork in small pieces. Drop each into the egg mixture and fry in deep hot lard until brown. Serve with the following sauce:

3 tbsp. toyo
3 tbsp. vinegar
3 tbsp. sugar
½ cup water

Mix all ingredients and cook over a low fire until thick, stirring all the time. Pour this sauce over the fried pork and sprinkle with finely cut or minced native onions, and green pepper cut into fine strips.

Amargoso Salad

2 pieces amargoso sliced thin ½ in. lengthwise
1 cup cooked diced shrimps
2 pieces cubed tomatoes
2 pieces hard boiled eggs
Vinegar and salt to taste
1 whole tomato sliced
8 lettuce leaves

Blanch the amargoso. Pass thru a strainer to remove all water. Add the shrimps, tomatoes, vinegar and salt to the amargoso. Blend well. Chop very fine the hard boiled eggs and add to the mixture. Place in a salad bowl lined with fresh lettuce leaves. Arrange the sliced tomatoes on top.

Banana Jam

2 cups ripe bananas saba (mashed)
2 cups sugar
1 cup water

Boil the sugar and the water until it forms a soft firm ball when tested in water. Add the mashed bananas. Stir constantly until it thickens. Form into balls or any desired shape. Roll in fine sugar.

Chicken Soup

6 cups chicken stock
2 cups scalded milk
3 tbsp. butter
4 tbsp. flour
2 egg yolks

Combine the chicken stock with the scalded milk. Bind the butter with the flour and add to the above mixture. Pour the mixture slowly over two egg yolks slightly beaten and strain. Season to taste.

Pansit Guisado

1 cup boiled chicken (flaked)
1 cup boiled shrimps (sliced in long narrow strips)
1 cup boiled pork (sliced in long narrow strips)
½ cup ham (sliced in long narrow strips)
1 cup cabbage (shredded)
1 kilo miqui
4 segments garlic (sliced)
1 onion sliced
1 cup shrimp juice
1½ cups chicken stock
1 tbsp. flour
3 tbsp. toyo
Salt to taste
Slices of lemon

Fry separately the garlic, onion, shrimps, pork, chicken and ham. Set aside a portion of each for garnishing the dish. Mix the rest and the toyo, salt and pepper. Cook for about two minutes, then add the cabbage mixing well and then the stock. Boil until almost dry. Blanch miqui in boiling water for about two minutes and fry in lard. Then add to the mixture.

Arrange on a platter and garnish with fried garlic, pork, chicken, shrimps, ham and slices of lemon.

Banana Peanut Salad

16 ripe bananas
12 tbsp. chopped peanuts
Mayonnaise dressing (any prepared one)

Slice crosswise and thin 2 bananas for each individual serving and mix with two tablespoons chopped peanuts. Add mayonnaise dressing, mix lightly with a fork and arrange on lettuce leaves before serving.

Refrigerator Cake

½ cup butter or margarine
1 cup confectioner's sugar
2 egg yolks
½ tsp. almond extract
3½ cups sliced peaches (1 can No. 2½)
2 egg whites
12 lady fingers
1 cup whipping cream

Cream butter or margarine; add sugar, creaming constantly. Add egg yolks; mix well. Drain peaches; measure 1 cup; chop fine. Add with almond extract. Beat egg whites stiff; fold in. Separate lady fingers. Place ½ on bottom of oblong pan. Cover with peach mixture; top with remaining lady fingers. Chill until firm. Unmold. Whip cream; use as garnish with remaining peaches.

Supplementary Recipes

Contributed by

Prominent Ladies

Acknowledgment

In the name of our Association, we wish to thank the ladies who so willingly and generously responded to our cause, by giving to us their favorite recipes; the addition of which gave us the needed inspiration and patience to carry on the work amidst our crowded hours of household work; and the possible publication of this pamphlet.

MARIQUITA V. ADRIANO
FELICIA R. TANCO
Committee on Collection of Recipes

RECIPE

Ampalaya Guisado

6 white ampalayas, cut very thin
1 cup shrimps (sliced at the back part)
Shrimp extract from ground head
¼ kilo pork (cut into cubes)
3 fat crabs, boiled and shredded
9 ears garlic, crushed
1 Bermuda onion, cut lengthwise
1 spoon lard
1 teaspoon flour
Patis

Blanch the ampalaya in hot water. Fry the garlic until brown. Add the onions. Saute the pork, then add the shrimps. And when done, pour the shrimp extract and stir. After it has boiled once, season with patis. Add the ampalaya and crab meat. Dissolve the flour in sufficient water and add. Do not overcook the ampalaya.

Contributed by:

Mrs. CONSUELO S. PEREZ

Party Chocolate Cake

5 cups flour
2 cups cocoa
1 tbsp. baking soda
4 cups sugar
2 cups butter
2 cups milk
8 medium sized eggs
1 tbsp. vanilla

Sift flour, cocoa and baking soda. Separate egg yolks from egg whites. Cream butter and sugar. Add vanilla and well beaten egg yolks and cream until fluffy. Add flour alternately with milk. Fold stiffly beaten egg whites. Bake in two pans (a rectangular 15" x 10" and a 10-inch round pan) in a moderate oven 325° F.

Contributed by:

Mrs. GREGORIO M. ALBERT

Filipino Pudding

½ loaf bread cut into cubes and toasted brown
½ cup grated buko or macapuno
¼ cup chopped nuts pili or nuts
½ cup raisins
2 cans evaporated milk
1 apple peeled and cut into cubes
5 eggs slightly beaten
1 teaspoon vanilla
1 teaspoon grated lemon rind
1 cup sugar
¼ teaspoon salt

Beat the eggs, add milk. Add the rest of the ingredients and mix all together. Put in a pudding pan greased with butter and bake until it is firm.

Pudding Sauce

½ cup sugar
½ tablespoon cornstarch
Few grains of salt

1 cup boiling water simmer 10 min. or more
Add 1½ tablespoons lemon juice and 2 tablespoons butter
Strain if necessary.

Contributed by:

Mrs. CORNELIO BALMACEDA

Yi-Wan

1 fish (talakitok) average size
1 slice fresh pork
Ham
Mushrooms
1 onion
4 tbsp. camote powder
Cornstarch

Ticuy
1 pinch salt
20 water chestnuts
Green onions
3 eggs
3 pieces leaf lard
2 eggs

Remove the bones of the fish and chop to paste. Also chop the fresh pork to paste. Cut the ham, water chestnuts, green onions, mushrooms, and 1 onion into small cubes and mix with the fish and pork paste. Then mix 4 eggs and camote powder. Add enough salt. Wrap the mixture in the ticuy cover and leaf lard. Tie with strips of banana leaves 1-inch apart. Mix the 2 eggs and cornstarch for dipping.

Contributed by:

Mrs. AMPARO F. DE GONZALEZ

Sun Yat Sen Chop Suey

½ cooked chicken meat and then cut into 1 in. long
20 shrimps halved and seasoned with toyo then mixed with camote powder.
1 small fish flesh seasoned with 1 tablespoonful toyo then mixed with camote powder and fried.
1 can mushrooms.
10 apulid cut in round slices.

Celery ½ bunch cut into 2 in. long and to be blanched.
1 radish cut into 1 inch pieces (blanched).
1 carrot cut into inch pieces
Cabbage to be blanched with celery
Chicharo
Patola
Lard, garlic, onions, toyo, salt
1 tbsp. camote powder.

Guiog-Pheji (Stuffed shrimps)

30 Fresh Shrimps—remove skin leaving tails on. Cut open half-way.

1 chicken leg (meat only) .....
¼ k. pork (liampo) .....
Pinch of salt .....
Lemon .....
1 or 2 eggs .....
Green onions for garnishing .....

Chop into paste consistency.

Leaf lard ticuy

Ham .....)	
Labong .....)	
Apulid .....)	Cut into 1½ in. strips
Mushrooms .....)	
2 heaping tbsp. camote powder ..)	
3 eggs .....)	
Cornstarch .....)	Mix for dipping
Water .....)	

Mix 2 unbeaten eggs with the chicken-pork paste. Then add to it 2 tbsp. camote powder. Place two strips of mushrooms, labong, apulid, ham and one strip of onion inside the shrimps. Place on top of the strips ½ tsp. chicken and pork paste. Place a piece of ticuy in the bottom and over the top of the shrimp, then wrap in leaf lard carefully. Then dip in the gawgaw mixture and fry. Serve with radish sauce.

Sauce:—

radishes .....)	
caramelo .....)	
vinegar .....)	Mix to taste
toyo .....)	

Contributed by:

Mrs. AMPARO F. GONZALEZ
Home Economics, Columbia University.

Bouillabaisse

1 pound raw fish
12 clams
1 large onion
4 tablespoons olive oil
4 medium sized potatoes
4 tomatoes
1 tbsp. lemon juice
¼ cup Worcester or other fish sauce
½ cup sherry seasoning
2 pepper corns
2 pieces garlic
4 slices stale bread
4 tablespoons grated Parmesan cheese
Paprika

Brown the onion slightly in the olive oil. Divide into four parts and put each in a small baking dish. Wash the fish and clams thoroughly. Put in a slow oven 325 degrees and cook for 20 minutes. Add the potatoes, which have been peeled and diced, the tomatoes, lemon juice, and seasoning and continue cooking for half an hour.

Then place a slice of bread on each dish, sprinkle it with paprika and a tablespoon of grated cheese and return to the oven. Increase the heat, cook for five minutes more and serve very hot in the baking dishes.

Meat Fiesta

1½ lbs. veal steak
1 teaspoon salt
⅛ tsp. pepper
2 tbsp. flour
4 tbsp. lard
3 large onions, sliced
½ c. chili sauce
1½ c. hot water
½ c. cooked macaroni

Buy meat from lower hind shank. Have it cut into 6 very thin slices—or pound them thin. Season, then dredge in flour. Heat skillet, add lard. Fry veal briskly until brown on both sides. Cover with onions. Add chili

sauce and hot water. Cover skillet. Transfer moderately hot oven (375° F) or cook slowly over burner about 30 minutes. Remove cover. Sprinkle in grated cheese. Bake until cheese melts. Remove veal fiestas to platter. Put cooked macaroni in skillet. Stir in gravy until heated. Serve as border.

Contributed by:

Mrs. MANUEL LIM

Chicken in Casserole

1 medium sized chicken
1 carrot
1 celery tsp. salt
1 tsp. salt
½ tsp. pepper
1 can mushrooms
1 onion
1 tbsp. chopped kinchay
2 cups boiling water
1 teaspoonful beef extract

Clean and cut up chicken, cook in small quantity of water until tender. When cold, remove the meat with a chopping knife (do not put through a grinder). When fine, add the seasoning and mix thoroughly. Put the milk in a saucepan over the fire and add the butter and flour. Stir and cook to a smooth paste, add the chicken, mix thoroughly and turn out to cool. When cold, form into croquettes, dip them into an egg beaten with a tablespoonful of water, roll in dry bread crumbs and fry in deep hot fat. These may be served with French peas. This quantity will serve ten people.

Contributed by:

Mrs. FERNANDO LOPEZ

Sio-May (Lumpia Makaw)

Paste: For every heaping cup of flour use:

½ tbsp. lard **½ tsp. salt**
2 tbsp. or more water

Stuffing:—

10 cooked shrimps .....
½ c. mushrooms .....
1 c. apulid .....
½ c. ham .....
Cut into small squares

1/3 kilo liampo (pork)—chopped to paste
Lard
Green onion
Garlic
Toyo
1 egg

Mix the paste into a stiff dough. Let stand for ½ hour after kneading thoroughly. Saute the pounded garlic, then the chopped pork, apulid, mushrooms, shrimps, 1 tbsp. toyo, ham, and green onions. Roll out the paste very thinly. Cut with a round biscuit cutter. Ruffle by folding to form an open cut with a little curve before the edge. Arrange far apart in a tin plate and sprinkle cold water over them. Then steam.

Contributed by:

Mrs. EUGENIO M. DE LOPEZ

Gallantina

Chicken	1 large fleshy	(dressed & boned)
Porkmeat	¾ kilo	(ground)
Ox tongue	½ lb.	(ground)
Ham	½ lb.	(ground)
Canned sausage	1 can sliced	
Truffles		
or		
Clotted chicken blood		
Flour	¼ cup	
Eggs	4 hardboiled	2 for garnishing
		2 for filling
	3 raw	slightly beaten
Carrots	1 large	sliced lengthwise)
Calamansi	2 medium size	
Salt & pepper to taste		
Cheese cloth & string		

Soak the boned chicken in toyo and calamansi juice. Meanwhile, mix the ground pork, ox tongue, sausage, flour and 3 eggs (raw). Season with salt and pepper.

Fill the boned chicken with the meat mixture and insert at the desired points the hard-boiled eggs, carrots and truffles.

Wrap in cheese cloth and tie it light. Steam for one and one-half hours. When done remove from the fire and allow to cool. If the string is loose, tighten it.

Place in a refrigerator for 24 hours, placing a weight on it.

Unwrap the chicken, and slice crosswise. Place in a platter and garnish top with boiled eggs, minced lettuce, onions, and carrots.

Contributed by:

Miss PRESENTACION PEREZ
Associate Professor and Head, Department of Home Economics, U. P.

Escabeche de Pescado

1 lapu-lapu	Carrots
½ ginger root	Dry mushroom
Garlic, onions, green onion leaves	Sugar, water and salt
Red and green pepper	Pepper, gaw-gaw
Water chestnut	

Clean the fish; rub with salt, pepper and lemon juice. Sprinkle with gaw-gaw and fry in deep lard. Before serving, pour the hot sauce. Serve hot. Garnish with ham and unsoy leaves or kinchay.

SAUCE:

Cut into strips all the vegetables. Saute in lard, the garlic, onion and other ingredients. Then add a prepared mixture of vinegar, salt or toyo, water or broth, sugar to taste and gaw-gaw.

1 cup vinegar	1¾ tbsp. gaw-gaw
1 cup broth or water	2 tsp. toyo
Salt and sugar to taste	

Chop Suey Especial

1 chicken meat
Green and red pepper
Patola
Carrots
Cauliflower
Water chestnut
Dry mushrooms
Bamboo shoots
Sliced ham
Pork meat
Shrimps, celery
Sitcharo, pechay
Onion leaves and onions

Slice the chicken, ham and pork in small pieces. Cut into strips the pepper, carrots and other vegetables in various sizes. Fry chicken, ham and pork in very little lard. Add toyo and when half done add onions, celery, mushrooms, water chestnut, sitcharo and other ingredients. Add 1 cup stock or more. Thicken with corn starch or camote power (with little cold water) and season with toyo, pepper and vetsin. Do not overcook the vegetables. Serve hot with hard-boiled eggs and ham cut into strips and kinchay leaves.

Chicken Tamales

1 spring chicken
1 can pimiento, cut into strips
Green and red pepper
1 big onion, salt and pepper
1 can sweet corn
1 can tomato sauce

Clean and cut chicken into regular pieces. Dredge with salt, pepper and little flour. Fry in butter or oil or lard until half done. Add about 2-3 cups water and simmer until almost cooked. Then add corn, red and green pepper, tomatoes and pimiento. Add little cheese for flavor. Serve hot with molded rice if desired.

Lengua Escarlata

After the tongue has been cleaned, blanch in hot water to take off the skin that coats it. Prick with fork and soak in 3 cups coarse salt, 3 tbsp. salitre and 2 cups water and keep for 3-5 days in a cool place or refrigerator. Then wash tongue and boil in hot water until soft, changing water two or more times to remove excess salt. When soft and almost done, fry in a little lard with garlic and add pepper, corn, bay leaf and clove, 1 or 2 bottles beer and ½ cup vinegar. Take out from fire and sprinkle sugar over the tongue and place hot iron that has been heated very well. Cut into thin slices and serve with molded fruit salad for buffet parties.

Fruit Salad

1 fruit cocktail
Apples
Bananas
Grapes or some other fruits
All fruits cut into pieces (cubes)
Pineapples

Serve with a dressing:

A—condensed milk and mayonnaise and cream
B—preserved butter (army) and peanut butter
C—boiled dressing (fruit juices)

Contributed by:

Mrs. ANTONIO VILLARAMA

Fish With Sea Food Sauce

Clean and fry a medium fish. Chop one onion and one cup tomato. Saute onions with tomatoes. Add one-half cup peeled shrimps and one-half cup tiny oysters. Add one-half cup broth when shrimp and oysters are cooked. Put the fish into the sauce and let it boil for five minutes. Place on a platter, decorate with pimientos and serve.

Embutido

Grind one kilo pork, add salt and pepper to taste. Put four tablespoon flour and one egg. Mix together. Take a piece of clean cloth, spread the mixture and put sliced pickles, hard boiled eggs and chorizo de Bilbao. Then form it into a roll, wrap it in the cloth. Tie the cloth at both ends. Then boil (mixture tied in cloth) in broth. When cooked, put it inside the refrigerator overnight. Unwrap before serving and slice.

Contributed by:

Mrs. CONSUELO MORENO DE VILLANUEVA
Home Economics, Univ. of Sto. Tomas.

Fried Pork Chops

Prepare as many pieces of pork chops as needed. Soak them in salt, pepper, and calamansi juice for half an hour. Fry until nicely browned and soft. Serve with the following sauce:

1 medium size cucumber
3 green peppers
3 medium size tomatoes
1 large onion
4 tbsp. ketchup
3 sections of garlic

Peel and clear the cucumber with its seeds and grind it with the pepper and onion.

Drain all the excess lard that might be in the frying pan after pork chops were cooked leaving just about 3 tbsp. and drop in to the macerated garlic until nicely browned. Pour in the ground vegetable and bring it to boiling point. Pour the ketchup, stir and serve.

Fish with Raisin and Almond Sauce

2 kilo size apahap or talakitok
½ kilo onion sliced
1 cup of olive oil
½ cup calamansi juice
2 clean fish

Wipe dry and make a slit lengthwise on both sides. Rub with 3 tbsp. salt mixed with 1 tsp. pepper. Place the fish so prepared on a piece of cheese-cloth to facilitate its lifting when cooked without spoiling its shape. Place in an adequately big pan. Cover and cook for 20 minutes in medium fire. Save all pieces of onion where fish was cooked and dripping. Place in a platter and served with the following sauce:

1 cup raisins
½ cup roasted almond
1 package dates (pitied)
½ bottle of ketchup

Grind in the finest knife of food chopper, the raisins, pitied dates, and roasted almond together with the pieces of onion where fish was cooked. Put in a rather deep bowl and stir in the dripping and ketchup. Serve sauce in a separate container.

Contributed by:

Mrs. SOFIA DE VEYRA

Dahlia Salad

Cut peaches in thin slices and each slice in petal shape. On a bed of shredded lettuce leave a space, one inch in diameter and arrange pieces of peach radiating from the center like dahlia petals. Pile grated sweet chocolate or chocolate shot in the center and arrange pieces of almonds, blanched and shredded, standing up-right around the chocolate. Serve with Cream Cheese Dressing.

Cream Cheese Dressing

Put in a small jar 4 tablespoons salad oil, 2 tablespoons vinegar, ¼ teaspoon paprika and ½ teaspoon salt and shake thoroughly. Work 4 tablespoons cream or summer cheese until smooth using a silver fork. Add dressing very slowly, beating until light and smooth. Add 2 tablespoons cream beaten stiff, if wished.

Contributed by:

Mrs. AURORA RECTO

Native Salad

½ kilo boiled camote (peeled and cut into cubes)
½ kilo camoteng kahoy (peeled and boiled)
½ kilo patani (boiled and peeled)
15 saba bananas (boiled and cut into cubes)
15 lakatan bananas (peeled and cut into cubes)
1 ripe papaya (peeled and cut into cubes)
¾ cup sugar
Juice of 30 calamansi

Mash half of the quantity of the camoteng kahoy. Add sugar and calamansi juice. Add all ingredients and mix well.

Contributed by:

Mrs. CRISPINA MALVAR DE MEER

Baked Stuffed Sweet Potatoes With Pineapples

Bake 3 large sweet potatoes, cut in halves lengthwise, scoop out most of the center, mash and add 1 tablespoon butter, 1/2 teaspoon salt, 1 tablespoon cream and 1/3 pineapple cut in bits and return to 4 shells. Slit 4 marshmallows, stuff each with a bit of pineapple and place one on each potato. Boil 1/3 cup pineapple syrup vigorously for 1 minute, pour over the potatoes and bake in a hot oven until puffed and browned.

Contributed by:

Mrs. LUTGARDA LANGCAUON

SUMMER SALAD

1 large squash
1 cup boiled stringbeans
1 cup boiled carrots
1 cup diced celery
1 green pepper
Lettuce
1 cup tuna, shrimp or salmon
2 tomatoes
2 hard boiled eggs
French dressing
Mayonnaise

Pare the squash and boil or steam gently until tender. Scoop out the seeds and center and while still warm, marinate with French dressing. Then lightly mix together the celery, fish, carrot, stringbeans, minced green pepper and moisten with French dressing. Fill the squash with this mixture and place on a bed of lettuce. Lay slices of tomatoes and hard boiled egg slices around the edge and garnish with mayonnaise.

Pincek Frito

PASTE:

1 cup flour
Pinch of salt
1 egg
2 tbsp. stock or water
) **Mix into a stiff dough**
) **Roll very, very thin**

STUFFING:

1.4 kilos liampo
1.2 onion
1 crab or shrimp or chicken
2 tbsp. lard
Toyo
Lard for frying
Piece of ham

METHOD:

Heat 2 tbsp. lard. Then saute pork meat chopped finely. Mix thoroughly and cook for 3 minutes. Then add the onions cut into pieces and the ham. Add toyo. Lastly add the crab meat.

Mix well and cook for 2 minutes. Remove from frying pan and stuff the dough rolled very thinly. Cut thinly rolled dough into 2 inches square. Wrap with projections. Then fry. Serve with sweet sour sauce.

Chaa-Chay-Cohing

(Stuff Leaf Lard Ticuy—Long Shaped)

4 large radishes
2 tablespoonful salt
A piece of ham (cut into small strips)
1 cup apulid (cut into small strips)
Mushrooms (cut into small strips)
¼ kilo liampo (pork) chop to paste after removing the skin
20 shrimps
3 pieces garlic
1 onion — cut into small pieces
1 tablespoonful lard
Toyo to taste
2 eggs
3 tablespoonful camote powder
Leaf lard, ticuy, lard.
Gaw-gaw, Water
Serve hot

Chop pork to paste first then chop shrimps together with pork paste. Cut radishes into strips. Soak in salt and wash.

Saute' garlic, and then the pork and shrimp paste. Then add radish, onions, ham, mushrooms and apulid, mix thoroughly and cook for 3 minutes. Then add 1-1/2 tablespoonful toyo mixing all the time and continue cooking until done. Let cool. Then add two unbeaten eggs and 3 tablespoonful camote powder. Mix thoroughly. Then wrap in ticuy and leaf lard form-

ing a long shape. (2 dm. long and 1-1/2 in. wide.) Dip in the dipping and fry. Then cut into 1 in. pieces. Serve with toyo and calamansi.

Chaa-Loo-Cuy

Steamed Chicken cut into pieces with pechay)

1 chicken
2 tablespoonful toyo
Lard for frying
Stems of pechay or Romaine — (Chinese or Baguio) cut into 2 in. long
Chicken stock
1 tablespoonful camote powder
1 tablespoon toyo

Soak and rub chicken (whole) with 2 tablespoonful of toyo. Fry whole until brown. Then boil it in ½ c. water with the remaining toyo in which it has been soaked for 5 minutes. Then cut into small pieces including bones. Then form in the Chinese cup. Have all fleshy portion against cup. Steam until soft and ready to serve.

Boil the stems of the pechay in the kettle in which the chicken has been boiled until done. Then thicken the pechay and stock with 1 tbsp. camote powder. Cover the chicken with pechay stems. The whole surface should be covered.

Je-Je (Fried Shrimp Balls)

40 shrimps raw, shelled and chopped
A piece of pork fat to be chopped with the shrimps
Pinch of salt
½ cup apulid cut into small cubes
1 or 2 eggs
1 lb. ham cut into small cubes
4 tablespoonful of camote powder
Lard for frying
1/3 cup mushrooms cut into small cubes

Mix chopped shrimps, apulid, mushrooms, ham, camote powder, and eggs unbeaten. Then form into balls by pressing through the hand. Fry in deep fat. Once in a while moist palm with egg whites. Serve.

Shanghai Chapon (Fried Rice)

1 bowl cooked rice (white)
¼ kilo liampo (pork) to be cooked in 3 tablespoonful toyo and garlic for ½ hour
2 Chinese sausages — fried
6 shrimps boiled, shelled and cut into small cubes
1 crab meat (cooked) and shredded
1 egg (cooked)
Kinchay, green onions, garlic, lard

Cut into small cubes the pork that has been cooked in the toyo and garlic. Cut everything into cubes.

Saute in 5 tablespoonful lard the garlic, rice and stir and cook for 5 minutes.

Then add the pork, the shrimps, crabs, adding 2½ tablespoonful toyo while stirring. Add the green onions, eggs, sausages. Stir. Serve.

Cooking class held at Mrs. M. V. Adriano's residence. Photo shows from left to right, sitting: Mrs. M. V. Adriano, Mrs. Pat Dayrit, Mrs. N. Benetua; standing: Mrs. C. Sevilla, Mrs. B. Hilado, Mrs. N. Kalaw and Mrs. A. Laico.

Recipes contributed by the members. Singalong Women's Club Cooking Class under the direction of Mrs. Pat Limjuco Dayrit.

LE PETIT CORDON BLEU

Vichyssoise

4 large potatoes finely sliced
1 bunch leeks
1 small stalk celery
1 finely sliced onion
1 cup water
1½ cups chicken stock
1 cup cream
¼ tsp. Carnation
Finely shredded carrots

Place the potatoes, leeks, celery and onions in a pan with water. Season and cook slowly until mushy. Pour on the stock and bring to boil. Rub thru a coarse strainer and then thru a fine one. Stir over ice until cold. Add the cream. Garnish with the carrots. It is best served in bowls surrounded with ice. Serve hot or cold as desired.

Poulet En Casserole

1 chicken
12 small carrots
12 small onions
1 small can mushrooms
Parsley
2 tbsp. sherry
1 tsp. flour
1 tsp. cornstarch
2 heaping tsp. potato flour
½ tsp. meat glaze
¼ tsp. garlic

Bake one chicken and tie carefully. Brown over in hot butter, then pour over 2 tbsp. hot sherry. Remove and add to the pan another tbsp. of butter, the garlic, onions and the carrots. Brown quickly for 2 minutes, then add the mushrooms. Stir in off the fire the potato flour, meat glaze, and 1 tsp. tomato paste or 2 tbsp. tomato sauce. Pour the stock and cook over the fire till it boil. Put chicken with 1 bay leaf, salt and pepper. Simmer till half-done. Cut chicken and continue cooking until tender. Arrange chicken in casserole, cover top with vegetables and pour over sauce. Garnish with sautéd chicken liver and sprinkle with parsley.

Chocolate Eclairs

½ cup water
½ cup flour
Pinch of salt
2 level tbsp. butter
2 eggs

Put into a pan the water, salt, and butter. Bring to a boil; when bubbling throw in the flour and remove from fire. Beat until smooth with a wooden spoon. Beat in eggs one at a time beating it well after each addition. Fill a pastry bag and pipe out into oblong shapes on a greased cookie sheet. Brush with the beaten egg and bake in a hot oven, for about 25 minutes. Remove and cool. Fill with whipped cream and cover with chocolate fondant icing.

FONDANT ICINGS:
Put into a pan ½ cup fondant icing and 3 oz. chocolate melted in 2 tbsp. water. Dissolve in slow fire, cover eclaires and serve.

Fillet of Sceeduglere

Take 4 fillets of sole, wash with lemon juice and water. Place on a baking dish, dust with salt and a few peppercorns. Pour on ¼ cup white wine, ¼ cup of water and 1 bay leaf. Cover with wax paper and bake for 15 to 20 minutes in a moderate oven. Remove and arrange on a baking dish and pour over following sauce.

SAUCE: Melt 2 tb. butter in a pan, stir off the fire 2 tb. flour. Add salt cayenne pepper and strain the stock the fish was cooked in. Stir on the fire till it thickens. Add 3 tb. fresh tomato pulp and ¼ cup of milk. Add 1 skinned and shredded tomato and 2 tsp. chopped parsley. Pour over fish and sprinkle with grated cheese, dot with butter and brown under the broiler.

Fillet Mignon

Cut fillets into desired thickness. Trim each fillets into neat rounds. Wrap a slice of bacon around the edge and fasten with toothpick. Let stand at room temperature, before cooking. Heat an iron skillet then put a lump of butter. Grill 2 slices at a time then add when all slices are cooked put back in the pan and add more butter, sprinkle with worcestershire sauce and maggie sauce. Serve with broiled tomatoes and potatoes mousseline.

Pommes De Terre Mousseline

Pare 1 kilo potatoes and cut in halves. Put in a pan of cold water with salt and cook until soft. Strain and return to the pan. Dry well over the fire. Rub thru a strainer. Beat in 2 egg yolks, 2 tb. butter and ½ cup of milk; salt and pepper.

Dahlia Cake

7 eggs
¾ cup sugar
1 tsp. vanilla
1¼ cups sugar flour
½ tsp. b. p. Calumet
1¼ Royal

Beat the eggs and the sugar until thick. Fold in the flour and the baking powder sifted together. Add the vanilla. Bake in a dahlia mould for 30 to 40 minutes at 350 degrees.

Butter Icing

¾ lb. butter
½ can evaporated milk
1½ cups sugar

Cream the butter and the sugar adding the milk little by little until smooth.

Sopa de Asparragus con Picadillo de Gallina

Prepare good chicken broth, season with salt and pepper and vetsin. Add asparragus stock, thicken with cornstarch diluted in little water. Add asparragus tips cut in 1 inch pieces, reserving the tips for garnishing. Bring to a boil then remove from the fire and stir in chicken breast which has been chopped to fine paste and mixed with 2 eggwhites. Before serving sprinkle with chopped ham.

Camaron Rellenado

12 shrimps
¼ kilo finely chopped apulid
Chinese mushrooms cut fine
ham cut fine
2 egg yolks
1 tsp. sugar
unto-sin-sal
pork fat cut fine

Take off the skin of the shrimps reserving the tail. Open them at the back and remove the intestines, sprinkle with salt and pepper. Cut the apulid, mushrooms, ham and chives finely and mix with the eggyolks, sugar

and toyo. Peel the shrimps first in taupe then in unto-sin-sal. Dilute equal parts of cornstarch and flour in the little water and egg whites. Roll the shrimps in this mixture and fry in deep fat un golden brown. Serve with radish in sweet sour sauce.

Suspiros de Macapuno

1½ cups macapuno
½ cup water
1 tbsp. butter
1½ cups sugar
4 egg yolks

Boil water and the sugar till thick, add the macapuno and lemon rind, and cook over a slow fire. Add the slightly beaten egg yolks off the fire little by little and continue cooking until mixture forms a ball in the pan. Put a spoonful of the mixture on each paper cups, cover with merengue, sprinkle with chopped casuy and bake in a slow oven until the merengue is firm.

Merengue

½ cup egg whites
1½ cups sugar

Beat the egg whites until stiff, add the sugar gradually and continue beating.

Poulet a la Kiev

2 small chickens
lump of butter
chopped garlic
finely chopped fresh herbs
salt and pepper
flour
1 beaten egg
bread crumbs
fat
water cress

Remove breast of chicken from bone and carefully take off skin. Cut in half and place between 2 pieces of wax paper. Beat with a mallet till thin. Remove paper. In the center of each place a small finger of butter and the garlic. Sprinkle with the herbs and season with salt and pepper. Roll up and tuck in each end. Roll in flour, brush with beaten egg, roll in bread crumbs, and fry in deep fat until golden brown (approximately 3 minutes). Remove and drain well on paper. Stick with cocktail stick and arrange on a hot serving dish. Garnish with water cress and serve at once.

Chicken Palmer

1 medium-sized chicken
flour, salt and pepper
¼ tsp. curry powder
1 tbsp. sugar
1 cup water
1 small can tomatoes
½ cup milk
1 heaping tbsp flour

Cut the chicken into serving pieces, dredge with salt and pepper and flour. Brown quickly in lard. Remove chicken. Add a little more lard then saute the onion until soft. Stir off the fire the sugar, flour and curry powder. Pour on the water and stir over the fire till thick. Add the tomatoes and the chicken and simmer till tender. Season with salt and pepper. When tender, add the milk. Serve with a border of rice.

X-9319

Chocolate Cake

½ lb. butter
2 cups sugar
5 eggs (8 native)
3 sq. chocolate
1 cup sour milk
3 cups flour
1 tsp. baking soda
2½ tsp. b. p.
¼ tsp. salt
1 tsp. vanilla

Cream the butter and sugar until fluffy. Add the well beaten eggs gradually then the melted chocolate. Fold in the sifted dry ingredients alternately with the liquid. Lastly add the vanilla. Bake in 2 or 10 inch layercake pans at 350 degrees.

Chocolate Frosting

3 tbsp. flour
1 cup sugar
1 tbsp. butter
2 egg yolks
½ sq. chocolate
½ cup water
1 cup evaporated milk

Mix the flour and the sugar. Add the milk and the water and cook until thick. Add the egg yolks and cook until thick, then add the chocolate and the butter. Fill and cover cake. Decorate with butter icing.

Paupiettes de Veau a la Grecque

4 veal chops
2 tbsp. sherry
2 tbsp. chopped parsley
2 tsp. potato flour
1 chopped onion
2 tbsp. butter
1 cup stock.
salt and pepper
½ tsp. meat glaze
1 tsp. tomato paste
3 chopped hard boiled eggs

Remove meat from bones and fat. Cut chops in halves and put between 2 pieces of wax paper. Beat out with wooden mallet till thin. Put a spoon full of following mixture in each, roll and tie with thread. FILLING: Finely chop a large onion, cook until soft without browning in a little butter. Add 3 finely chopped hard-boiled eggs, 1 tbsp. chopped parsley , salt and pepper. Fill into slices of veal and roll up, fasten each end and with thread and brown quickly in hot butter. Pour over 2 tbsp. of hot sherry and remove from pan. To the pan add another tbsp. of hot butter, and ¼ tsp. of chopped garlic. Cook 2 minutes then add off the ½ tsp. meat glaze, 1 tsp. tomato paste, 2 tsp. potato flour, and the stock. Stir over a slow fire till it comes to boil, season with salt and pepper and put back veal. Cover and simmer for 20 min. Remove, take the thread off, arrange on rice and pour over sauce. Sprinkle with chopped parsley.

Tomato Crab Salad

6 American tomatoes
2 cups crab meat
½ chopped onion
1 hard-boiled egg
1½ cups chopped celery
mayonnaise
lemon juice

Pass the tomatoes in boiling water. Peel the skin off and remove some of the pulp. Chill in the refrigerator. Mix the crabmeat, celery, and the onions. Season with salt, pepper and a little lemon juice. Add some of the mayonnaise, sprinkle with chopped hard-boiled eggs and decorate with parsley.

Caramel Tartlets

½ cup butter or crisco
1½ cups flour
¼ tsp. salt
ice water

Mix the flour and the salt, add the shortening and cut with 2 knives or a pastry blender. Keep in the ice box, for a few minutes. Knead light and roll. Line tart moulds, and bake in hot oven, for 15 minutes. Fill with caramels.

FILING: Caramelize 1¼ cups brown sugar. Add 3 tbsp. flour, ½ cup butter and ¾ cup milk. Cook over a slow fire till thick. Add 3 beaten egg-yolks. Cook for 5 minutes more. Let cool. Fill tart shells and top with merengue.

MERENGUE: Beat 3 egg whites until stiff. Add 6 tbsp. sugar gradually. Top tart and brown in the oven 400 degrees.

Rellenado de Apulid

40 apulids
1 egg white
½ tbsp. cornstarch
salt
chicken breast
chopped ham
a piece of pork fat
vetsin

Chop the chicken breast and the pork fat, to a fine paste. Then add 2 finely chopped apulids, the eggwhite, salt and pepper, 1 tsp. cornstarch. Mix well. Make a hole on the apulid and fill with the mixture. Sprinkle with chopped ham and steam. Serve with a good chicken broth.

Cueta

¼ kilo pork fat meat
1 chicken
10 apulids
mushrooms
cornstarch
goyumbua
labung, chives
1 small onion
1 egg
taupe
unto-sin-sal
toyo, salt and pepper

Chop the pork meat, chicken and all the rest of the ingredients. Add the egg, toyo, salt, pepper and cornstarch. Add ½ tsp. goyumbua. Add the cut taupe 2 cm. wide, and 5 inches long. Put a little of the mixture and cover with another piece of taupe. Wrap in unto-sin-sal. Immerge in mixture of egg whites and equal, 1 part of flour and cornstarch, mixed with a little water. Fry in deep fat and serve in radish with sweet sour sauce.

Crema de Frutas

12 lady-fingers or sponge cake
2 envelopes gelatine Knox
1 can fruit for salad (not fruit cocktail)
1 pint fresh milk
6 egg yolks
½ cup water
¾ cup sugar
2 tbsp. flour
2 tbsp. butter
1 tsp. vanilla

Mix well flour and the sugar, add the beaten eggyolk, later add one envelope knox and the undiluted milk. Cook over a slow fire till thick. In a pyrex dish, arrange alternate layers of cream and lady-fingers, let it harden a little. Soak 1 envelope remaining gelatine in ½ cup water, add 1 cup of fruit juice and 2 tbsp. calamansi or lemon juice, sugar 4 tbsp. to taste. Stir over ice till the point of setting, pour cream and arrange slices of fruits. Cover the rest of the gelatine and chill in the refrigerator.

Caldereta

Marinate one small leg of lamb or lamb shoulder in vinegar, crushed garlic, freshly crushed pepper and salt. The next day drain and brown in little hot oil. Put in a casserole and add 3 big onions cut in eights and ½ cup of sherry. Bring to a boil, then add ½ bottle of oil and 1 bay leaf. Simmer until tender. If necessary add a little broth or hot water. Meanwhile crush in a mortar 2 tbsp. parsley, a few pepper corns and 3 ears of garlic. Add to the mixture. Brown a slice of calf's liver in hot strain on oil then pound it to a paste. Add a little broth or water and strain on the meat, stirring continually until it boils. Add 1 sliced chili (pepper) and 1 small can red pepper, cut in one inch slices. Simmer a few minutes, season then add 1 small can peas.

Potatoes Georgette

4 big potatoes
2 tbsp. butter
½ can mushrooms
½ cup milk
2 egg yolks
3 tbsp. flour
fish stock
dozen shrimps
filet of sole
little milk or butter
1 tbsp. parsley

Bake the potatoes. Cut tops off and carefully scoop the inside. Rub thru a strainer. Beat in 2 egg yolks, little milk and butter. In the bottom of each potato put a spoonful of the following mixture. Cook a dozen shrimps in oil till they blush. Shell and slice, mix in ½ cup sliced sautéd mushrooms, chopped parsley an a little sauce. Put in the bottom of each potato and on top of each put a sliced of filet of sole which has been poached in the oven with ¼ cup white wine, ¼ cup water, 1 bay leaf, salt and pepper. Pour over sauce and garnish top with mashed potato. Brown under the broiler and serve.

WHITE WINE SAUCE: Melt in a pan 2 tbsp. of butter, stir off the fire 2 level tbsp. of flour, strain on fish stock, and thicken on the fire. Add ½ cup of cream and bring to boil. Add 1 eggyolk beaten with a little milk.

Crepes Suzettes

Put in a bowl 4 heaping tbsp. of flour, 1 egg and 1 eggyolk, 1 tbsp. oil and 3 tbsp. milk. Add enough milk to reduce it to a thin consistency. Place in the refrigerator for ½ hour. Remove and add enough milk to reduce it to a thin consistence again. Heat a small pancake pan, and when very hot wipe with a piece of buttered wax paper. Cover bottom of pan with a thin layer of butter. Cook until golden brown on one side, turn and cook on the other side. Cream 3 tbsp. butter in a bowl, mix in the juice of ½ orange, 1 tsp. orange rind, 3 tbsp. sugar and 2 tsp. rum. Spread on each pancakes and fold in thirds. Arrange overlapping on a pyrex dish. Put on a pan the juice of 2 oranges, shredded rind of 1 orange, 1 tbsp. butter, 4 tbsp. sugar, 2 tbsp. orange curacao, contreau, rum or brandy. Cook this to a syrup consistency, then add the peeled sections of 1 orange. Pour this over the pancakes. At last moment pour over flaming liquor.

Chicken Asparragus Soup

Slice the chicken breast into very thin slices. Add a little cornstarch and eggwhites; then drop in chicken broth one by one. Let boil a few minutes then remove and drain. Strain the stock, add the asparagus stock and season with salt, pepper and vetsin. Put back the chicken and then asparragus tips cut in one inch pieces. When boiling remove from the fire and stir in 3 eggwhites diluted in cornstarch.

Adobado de Camaron

Shell the shrimps and take off the black veins from the back. Add a little wine and ginger juice. Mix well. Heat in a pan 3 tbsp. peanut oil, 2 or 3 crush garlic and cook until brown. Remove garlic then add the shrimps. Cook them until they blush; remove. To the oil in the pan add a little broth or water. Add 1 tsp. vetsin, salt and pepper. When boiling thicken sauce with a little cornstarch diluted in water. Add the shrimps and let boil. Add the sitcharo which has been passed in boiling water then in cold water. Turn fire off and leave covered just enough to cook the vegetables.

Lumpia Frito

Mix ½ kilo pork meat (ground), ½ kilo chopped shrimps, apulid, mushrooms, chives, salt and pepper, eggyolks and toyo. Wrap in lumpia wrapper into very small rolls and fry in deep fat. Serve with sweet sour sauce.

SAUCE: Mix vinegar, water, sugar and salt. Pour in a pan then add 1 tbsp. catsup or tomato sauce. When boiling thicken the sauce with a little cornstarch and water. Add 1 tbsp. oyster sauce, 1 small sliced pepper and a little chopped garlic.

Pineapple Cake

¼ cup butter
1¼ cup sugar
5 eggs
¼ tsp. salt
2½ cups flour
4 tsp. b. p.
½ cup pineapple juice

Cream the butter and the sugar until fluffy. Add the eggs one at a time beating well after each addition. Fold the sifted dry ingredients alternately with the liquid. Fill with pineapple filling. Drain the juice of 1 can crushed pineapple and thicken the juice with a little cornstarch and flour. Add 1 beaten eggyolk and the crushed pineapple cook for a few minutes and add 1 tbsp. butter.

BOIL FROSTING: Boil 1 cup sugar and ¼ cup water until it spins a thread. Pour on stiffy beaten eggwhites (¼ cup) and continue beating until smooth. Add a little vanilla if desired.

Lily Sandwich

1 cooked chicken breast
2 tbsp. chopped pickles
2 tbsp. chopped asparagus
red pepper
mayonnaise

Chop the cooked chicken breast to paste, add the finely chopped pickles, asparragus and mayonnaise. Spread on bread, place one asparragus tip on one corner and a strip of pimiento and pickle on each side. Fold like a lily and arrange on a serving dish.

Toasted Sandwich

1 cup grated cheese
¼ cup butter
1 small can pimiento

Cream the butter, add the cheese and finely chopped pimiento. Spread in bread, roll and fasten with tootpick. Toast under the broiler.

Pinwheel Sandwiches

1 cup grated cheese
2 tbsp. butter
½ bottle catsup
a little mayonnaise

Mix all ingredients together. Spread on bread sliced lengthwise and roll. Wrap in wax paper and put in the refrigerator ½ hour. Slice into thin slices.

Chicken Salad

1 cup diced chopped chicken
1 cup diced chopped carrots
2 cups diced chopped potatoes
1 cup diced cooked string beans
1 cup diced cucumber
1 cup diced celery
1 cup diced sweet pickles
mayonnaise

Mix all the ingredients, except the mayonnaise. Season with salt, pepper and vinegar. Add the mayonnaise and chill in the ice box. Decorate with red and green peppers.

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